

THE
COMPLEAT
COOK:

Expertly prescribing the
most ready wayes,

whether *Italian,*
Spanish,
or French,

For Dressing of *Flesh*, and
Fish, ordering of *Sauces*,
or making of

PASTREY.

L O N D O N:
Printed by J. G. for Nath. Brook, at the
Angel in Cornhill, 1663.

THE
COOK

AND
CONFECTIONER

OF
FRANCE

AND
OF
THE
CITY

OF
PARIS

BY
J. B. L. L.

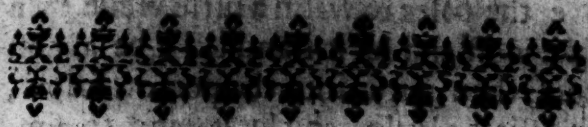


T
C

E
m

T

is
me
thr



THE COMPLEAT COOK:

Expertly prescribing the
most ready wayes, whether Itali-
an, Spanish, or French, for
dressing of FLESH
and FISH, &c.

*To make a Posset, the Earl of Arun-
dels way.*

TAke a quart of Cream, and a
quarter of a Nutmeg in it, then
put it on the fire, and let it
boil a little while, and as it
is boiling, take a Pot or Bason, that you
mean to make your Posset in, and put in
three Spoonfulls of sack, and some eight of
Ale,

Ale, and sweeten it with sugar, then set it over the coles to warm a little while, then take it off and let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

To bake a Capon larded with Limons.

TAKE a fair Capon and truss him, boil him by himself in fair water, with a little small Oat-meal, then take mutton broth, and half a pint of White-wine, a bundle of hearbs, whole Mace, season it with Verjuice, put marrow, dates, season it with sugar, then take preserved limons and cut them like lard, and with a larding pin lard it in, then put the capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

To bake Red Deer.

PARBOIL it, and then sauce it in vinegar, then lard it very thick, and season it with pepper, ginger, and nutmegs, put it into a deep pie with good store of sweet butter, and let it bake, when it is baked, take a pint of Hippocras, half a pound of

of sweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pie in the Oven and let it lie and loak an hour, then take it out, and when it is cold stop the vent hole.

*To make fine Pan-cakes fried with-
out Butter or Lard.*

TAke a pint of cream, and six new laid eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a little beaten Mace (which you please) and so much flour as will thicken almost as much as ordinarily Pan-cake-batter; your pan must be heated reasonably hot and wiped with a clean cloth, this done put in your Batter as thick or thin as you please.

To dress a Pig the French manner.

TAke it and spit it, & lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you have so done, take some White-wine and strong broth, and stew it therein, with an Onion or two mixed very small, a little

Time also minced with Nutmeg sliced and grated, Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same liquor it is stewed in, with French Bread sliced under it, with Oranges and Limons.

To make a Steak Pie, with a French Pudding in the Pie.

SEason your steaks with pepper & nutmegs, & let it stand an hour in a tray; then take a piece of the leanest of a Leg of Mutton, and mince it small with Suet, and a few sweet herbs, tops of yong time, a branch of Penniroyal, two or three of red sage, grated bread, yolks of eggs, sweet Cream, Raisins of the Sun; work all together like a pudding with your hand stiff, and roul them round like balls, and put them into the steaks in a deep coffin, with a piece of sweet Butter; sprinkle a little Verjuice on it, bake it, then cut it up, and roul sage leaves and fry them, and stick them upright in the walls, and serve your Pie without a cover, with the juyce of an Orange or Limon.

An excellent way of dressing fish.

TAKE a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfuls of water, and four of Vi-egar, and as much of White-wine, a good deal of salt, a handful of sweet herbs, a little white sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

You may do Carps, Eels, Trouts, &c. this way, and they taste also to your minde.

To fricate Sheeps feet.

TAKE sheeps feet, slit the bone, and pick them very clean, then put them in a Frying-pan, with a ladle full of strong broth, a piece of butter, and a little Salt, after they have fried a while, put to them a little Parsley, green Chibals, a little young Spearmint and Time, all shred very small, & a little beaten pepper; when you

think they are fried almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Limon wrung therein, and put this lear to the sheeps feet as they fry in the pan, then toss them once or twice, and put them forth into the Dish you mean to serve them in.

To fricate Calves Chaldrons.

TAKE a calves Chaldron, after it is little more then half boiled, and when it is cold, cut into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then put it into a frying-pan, with a Ladle-full of strong broth, and a little piece of sweet butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Limon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all this to your Chaldrons in the Pan, toss you Fricate two or three times, then dish it, and so serve it up.

To Fricate Champignons.

MAke ready your champignons as you do for stewing, and when you have poured away the black liquor that comes from them, put your champignons into a Frying-pan with a piece of sweet butter, a little Parsley, Time, sweet Marjoram, a piece of Onion shred very small, a little Salt and fine beaten Pepper, so fry them till they be enough, so have ready the lear abovesaid, and put it to the champignons whilest they are in the Pan, toss them two or three times, put them forth and serve them.

To make Buttered Loaves.

TAke the yolks of twelve Eggs, & six whites, & a quarter of a pint of yest, when you have beaten the eggs well, strain them with the yeast into a dish, then put to it a little salt, and two rasps of Ginger beaten very small, then put flour to it till it come to a high Paste that will not cleave, then you must roll it upon your hands, and afterwards put it into a warm cloth, and let it lie there a quarter of an hour, then make it up in little Loaves, bake it,

against it is baked, prepare a pound and a half of Butter, a quarter of a pint of White-wine, and half a pound of Sugar ; this being melted and beaten together with it, set them into the oven a quarter of an hour.

To murine Carps, Mullet, Gurnet, Rochet, or Wale, &c.

TAKE a quart of water to a gallon of Vinegar, a good handful of Bay-leaves, as much Rosemary, a quarter of a pound of Pepper beaten ; put all these together, and let it seethe softly, and season it with a little salt, then fry your fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is cold, cover it, &c.

To make a Calves Chaldron Pie.

TAKE a Calves Chaldron, half boild it, & cool it ; when it is cold mince it as small as grated bread, with half a pound of Marrow ; season it with salt, beaten Cloves, Mace, Nutmeg, a little Onion, and some of the outmost rind of a Limon
minced

minced very smal, and wring in the juyce of half a Limon, and then mixe all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juice of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Pie-meat.

To make a Pudding of a Calves Chaldron.

TAKE your Chaldron after it is half-boiled and cold, mince it as small as you can with half a pound of beef suet, or as much marrow, season it with a little onion, Parsley, Tyme, and the outmost rind of a piece of Linon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five eggs, and a little sweet Cream; then have ready the great guts of Mutton scraped and washed very clean; let your Gut have laine in White-wine and salt half a day before you use it; when your meat is mixed & made up somewhat stiff, put it into the sheeps guts, and so boil it, when

when it is boiled enough, serve it to the Table in the Gut.

To make a Banbury-cake.

TAKE a peck of pure Wheat-flower, six pound of currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale yeast, and a little Rose-water; then boil as much new milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

To make a Devonshire White-por.

TAKE a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet; then take almost a penny Loaf of fine bread sliced very thin, and put it into a dish that will hold it; the Cream and the Eggs being put to it; then take a handful of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

To

To make Rice Cream.

TAKE a quart of cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rose-water, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water-pap.

To make a very good great Oxfordshire Cake.

TAKE a peck of flower by weight, & dry it a litle, and a pound and a half of Sugar, an ounce of cinamon, half an ounce of nutmeg, a quarter of an ounce of mace & cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flower and Sugar; then take three pound of butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreese dissolved in it, half a
pint

pint of Rosewater, sixteen Eggs, eight of the whites, mixe these with the flour, and knead them well together, then let it lie warm by your fire till your Oven be hot, which must be little hotter then for manchet; when you make it ready for your oven, put to your cake six pound of Currans, two pound of Raisins of the Sun stoned and minced, so make up your cake, and set in your oven stopt close; it will take three hours baking; when baked, take it out and frost it over with the white of an Egge and Rosewater well beat together, and strew fine sugar upon it, & then set it again into the oven, that it may ice.

To make a Pumpkin Pie.

TAKE about half a pound of Pumpkin and slice it, a handful of Time, a little Rosemary, Parsley, and sweet Morjoram slipped off the stalks, & chop them small, then take Cinamon, Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mixe them, and beat them altogether, and put in as much sugar as you think fit, then fry them like a froiz; after it is fryed, let it stand till it be cold, then fill your Pye, take sliced Apples thin round wayes, and lay a row of the Froiz, and a layer of apples with

Currans

Currans betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it; when the pie is baked, take six yolks of Eggs, some white-wine or Verjuyce, and make a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilest the Eggs and Pumpions be not perceived, and so serve it up.

*To make the best Sausages that
ever was eat.*

TAKE a leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef suet, and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onion, chop them all together with the flesh and suet; if it is small enough, put the yolk of two or three Eggs, and mix all together, and make it up in a paste; if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them, this paste will keep a fortnight upon occasion.

To

To boile a Fresh Fish.

TAke a carp, or other, and put them into a deep dish, with a pint of white-wine, a large Mace, a little Time, Rosemary, a piece of sweet Butter, and let him boile between two dishes in his own bloud, season it with Pepper and Verjuyce, and so serve it up on sippers.

To make Fritters.

TAke half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very wel the Eggs first, then altogether, put in some Ginger, and Salt, and fine flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef suet, or half Beef, and half Hoggs-suet tried out of the leaf.

To make Loaves of Cheese-curds.

TAke a Porringer full of Curds, and four Eggs, whites, & yolks, & so much flour as will make it stiff, then take a little Ginger, Nutmeg, & some Salt, make them into loves, and set them into an oven with

a quick heat ; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of sugar, and so serve it.

To make fine pies after the French Fashion.

TAKE a pound and half of Veal, two pound of suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six dates, two Nutmegs, a spoonful of Pepper, an ounce of Sugar, an ounce of Carowayes, a Saucer of Verjuyce, and as much Rosewater, this will make three fair Pies ; with two quarts of flour, three yolks of Eggs, and half a pound of Butter.

A singular Receipt for making a Cake.

TAKE half a peck of flour, two pound of Butter, mingle it with the flour, three nutmegs, & a little mace, cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flour and Butter, five pound of Currans well washed, and pickt, & dried in a warm Cloth, a wine pint of Ale-yeast, six Eggs, leave out the whites, a quart of Cream boiled and almost cold again :
work

work it well together, and let it be very lish, lay it in a warm Cloth, and let it lie half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rose-water, and Sugar; ice it over and put it into the oven, and let it stand one whole hour and a half.

To make a great Curd Loaf.

TAKE the Curds of three quarts of new milk clean whayed, and rub in to them a little of the finest flour you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale Yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flour as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

To make buttered loaves of Cheese-curds

TAKE three quarts of new milk and put in as much Rennet as will turn, take your whey clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of Flower, a little salt mingled altogether; work it with your hand, roul it into little Loaves, then set them in a Pan buttered, then beat the yolk of an egge with a little beer, and wipe them over with a feather, then set them in the oven as for mancher, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a Nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick, when your loaves are baked, cut off the tops and butter them with this butter, some under, some over, and strow some sugar on them.

To make Cheese-loaves.

GRATE a wheat loaf, and take as much Curd as bread, to that put eight yolks of eggs, and four whites, and beat them very well, then take a little cream, but let it

it be very thick, put altogether, and make them up with two handfuls of flour, the Curds must be made of new Milk and whayed very dry, you must make the like little Loaves and bake them in an Oven; and being baked cut them up, and have in readiness some sweet Butter, Sugar, Nutmeg sliced and mingled together, put it into the Loaves, & with it stir the cream wel together, then cover them again with the tops, and serve them with a little Sugar scraped on.

To make Puff.

TAKE four pints of new Milk, rennet, take out all the Whay very clean, and wring it in a dry cloth, then strain it in a wooden Dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rose-water, and as much flour beat in it as will make it of an indifferent stiffnesse, just to roll on a Plate, then take off the Kidney of Mutton suet and purifie it, and fry them in it, and serve them in with butter, Rose-water and Sugar.

To make Elder Vinegar.

Gather the flowers of elder, pick them very clean, and dry them in the sun on a gentle heat, and take to every quart of vinegar a good handful of flowers, and let it stand to sun a fortnight, then strain the vinegar from the flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a quart of water, and put it into the barrel lukewarm.

To make good Vinegar.

TAKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the sun may have power over them, and when it is ready to tun, fill your hogs-heads where they lie, then let them purge clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loaves hot out of the oven; and put into each Hogshead a loaf; you must use this four times, you must brew this in *April*, and let

let it stand till *June*, then draw them clearer, then wash the Hogsheds clean, and put the beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of roses, if elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, & let it stand till it be stone cold, & the next day strain it into the Hoghead, then lay them in a Cellar or Buttery, which you please.

To make a Coller of Beef.

TAKE the thinnest end of a coast of beef, boil it and lay it in pump-water, and a little salt three days, shifting it once every day, & the last day put a pint of Claret wine to it, and when you take it out of the water, let it lie two or three hours draining, then cut it almost to the end in three slices, then bruise a little Cochine, and a very little allum, and mingle it with the claret wine, and colour the meat all over

ver with it, then take a dozen of Anchoves, wash them and bone them, and lay them into the beef, and season it with Cloves, Mace, and Pepper, and two handfuls of salt, & a little sweet marjoram, and Time, and when you make it up, roll the innermost slice first, and the other two upon it, being very well seasoned every where and bind it hard with tape, then put it into a stone pot, something bigger then the collar, and pour upon it a pint of Claret-wine, and half a pint of wine-vinegar, a sprig of Rosemary, and a few bay-leaves, and bake it very well; before it is quite cold, take it out of the Pot, and you may keep it dry as long as you please.

To make an Almond Pudding.

TAKE two or three French Rowls, or white penny bread, cut them in slices, & put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or spoon & beat it very well together, put to this twelve Eggs, but not above four whites, put in beef suet, or marrow, according to your discretion, put a pretty quantity of Currans and Raisins, season the Pudding with nutmeg, mace, salt, and sugar,

Sugar, but very little flower, for it will make it sad and heavy; make a piece of, puff paste as much as will cover your dish, so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick oven, not so hot as to burn it, let it bake till you think it be enough, scrape on sugar, and serve it up.

To boil cream with French Barley.

Take the third part of a pound of french Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillets on the fire with fair water, and in one of them put your Barley, and let it boil till the water look red, then put the water from it, & put the Barley into the other warm water, thus boil it & change it with fresh warm water til it boil white, then strain the water clean from it, then take a quart of Cream, put into it a nutmeg or two quartered, a little large mace and some sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little
eate

T
them
them
Egg
then
into
ter,
it be
flow
it be
nam

T
of r
spo
you
er:
lum
it a
ver

little Rose-water, then dish it forth, and
eate it cold.

To make Cheese-cakes.

TAKE three Eggs and beat them very
well, and as you beat them, put to
them as much fine flower as will make
them thick, then put to them three or four
Eggs more, and beat them altogether ;
then take one quart of Cream, and put
into it a quarter of a pound of sweet but-
ter, and set them over the fire, and when
it begins to boyle, put to it your Eggs and
flower, stir it very well, and let it boyl till
it be thick, then season it with Salt, Cin-
namon, Sugar and Currans, and bake it.

To make a Quaking Pudding.

TAKE a pint and somewhat more of
thick Cream, ten eggs, put the whites
of three, beat them very well with two
spoonfuls of Rose-water : mingle with
your Cream three spoonfuls of fine flow-
er : mingle it so well, that there be no
lumps in it, put it altogether, and season
it according to your Taste : Butter a Cloth
very well, and let it be thick that it may

not run out, and let it boyle for half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

You may stick some blanched Almonds upon it if you please.

To Pickle Cucumbers.

Put them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a lay of Cucumbers, and so till they be all Layed, put in some Mace and whole pepper, and some Fennel-seed according to direction, then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keep them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

To Pickle Broom Buds.

Take your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do onely by shaking it together till the Salt be melted, then put in your Buds, and keep it stirred once in a day till they be sunk
with

within the Vinegar, be sure to keep close covered.

To keep Quinces raw all the year.

TAKE some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyle them in water, and put to a Gallon of water, some three spoonfulls of Salt, as much Honey; boyle these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Aire get into them, and they will keep all the yeare.

To make a Gooseberry Fool.

TAKE your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot, beat them very well with a good piece of fresh butter, Rose-water and Sugar, and put in the yolks of two

or three Eggs ; you may put Rose-water into them and so stir it altogether, and serve it to the Table when it is cold.

To make an Oatmeale Pudding.

TAKE a Porringer full of Oatmeale beaten to flower, a pint of Cream, one Nutmeg, four eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beefe-suet well minced, mingle all these together, and so bake it. An houre will bake it.

To make a green Pudding.

TAKE a penny loafe of stale Bread, grate it, put to half a pound of sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of beef-suet shred very small: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Hearbs very small, mix all well together, then take two Eggs and work them up together with your hand, and make them into round balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

To make good Sausages.

TAKE the lean of a Legge of Pork, and four pound of Beef-suet, or rather butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handful of Sage when it is chopt small, and as much salt as you think will make them tast well of it; mingle all these with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hoggs gutts, which you must have ready for them; you must tye the ends of them like puddings, and when you eat them you must boyle them on a soft fire; a hot will crack the skins, and the goodnesse boyle out of them.

To make Toasts.

CUt two peny Loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmegs, and Sugar, beat them with

the Cream, then take your frying Pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rose-water, butter and sugar.

Spanish Cream.

PUt hot water in a Bucket and go with it to the Milking, then poure out the Water, and instantly milke into it, and presently strain it into milk-Pans of an ordinary fulnesse, but not after an ordinary way, for you must set your Pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the Dish, laying upon laying; and if you please strew some sugar between them.

To make Clouted Cream.

TAke foure quarts of milk, one of Cream, six spoonfuls of Rose-water, put these together in a great earthen Milke-Pan, set it upon a fire of Char-coale

coale well kindled, you must be sure the fire be not too hot; then let it stand a day and a night; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beside the board, cut into many pieces, and then into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your dish, and if your Dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

A good Cream.

When you Churn Butter, take out six spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy; then boyle good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so Dish it.

To make Piramidis Cream.

TAKE a quart of water, and six ounces of harts horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a small Nut, put all this into the Bottle, which must be so big as will hold a pint more; for if it be full it will break; stop it very close with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyle three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Bason, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyle, then put it into an old fashion drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glasse in a warm hand, and loosen it with

a knife, and whelm it into a Dish, and have in readiness Pine-apple blown, and stick it all over, and serve it in with cream or without as you please.

To make a Sack-Cream.

SEt a quart of Cream on the fire, when it is boiled, drop in a spoonful of sack and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

To boil Pigeons.

STuffe the Pigeons with Parsley, and butter, and put them into an Earthen Pot, and put some sweet butter to them and let them boil; take Parsley, Time and Rosemary, chop them and put them to them; take some sweet butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egge and strain it with Verjuice, and put to them, lay sippets in the Dish and serve it.

To make an Apple Tansy.

PAre your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples and fry it.

The French Barley-Cream.

TAKE a quart of Cream, and boil it in a Porringer of French-Barley, that hath been boiled in nine waters, put in some large Mace and a little Cinamon, boiling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boil; then take it off the fire, stirring it till it be half cold; then put to it two spoonfuls of Sack or White-wine, and when it is cold, serve it in, remembering to put in some salt.

To

To make a Chicken or Pigeon Pie.

TAKE your pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboil'd, and the skin puld off, and the tongue cut in slices, two or three slices of Veal, as much Mutton, young chickens (if not little) quarter them, Chick-heads, Lark, or any such like, Pullers, Coxcombs, Oysters, Calves-Udder cut in pieces, good store of Marrow for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Thyme and Limon Pill fine sliced; season it well with these Spices as the time of the year will afford; put in either of Chesnuts (if you put in Chesnuts they must first be either boil'd or roasted) Gooseberries or Guage, large Mace will do well in this Pie, then take a little piece of Veal parboil'd and slice it very fine, as much marrow as meet stirred amongst it, then take grated Bread, as much as a quarter of the meat, four yolks of Eggs
or

or more according to the stuff you make, shred Dates as small as may be, season it with salt but not too salt. Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pie as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton Broth before you put it into the Oven, the bottom of boiled Artichokes, minced Marrow over and in the bottom of the Pie after your Pie is baked; when you put it up, have some five yolks of Eggs minced, and the juice of two or three Oranges, the meat of one Limon cut in pieces, a little White and Claret Wine; put this in your Pie being well mingled, and shake it very well together.

To boile a Capon or Hen.

TAKE a young Capon or Hen, when you draw them, take out the fall of the Leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the neck, but boile it in

in small pieces and skim it well, then put your Capon into the pipkin, and when it is boiled, skinn't again; be sure you have no more water then will cover your meat, then put it into a pint of White-wine, some Mace, two or three Cloves & whole Pepper; a quarter of an hour before your meat be boiled enough, put into the pipkin three Anchoves (stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of herbs will do well to boil with the Broth, and being ready to Dish it, having sippets, cut them, rake the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juice of Limons and Orange into it according to your taste.

To make Balls of Veal.

TAKE the lean of a Leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef suet; if the Leg of Veal be of a Cow Calf, the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing knife, have some cloves, Mace,

Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, and having very good strong Broth made of mutton, set your Balls to boil in it; when they are boiled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Balls and Broth, give it a walm on the fire, then Dish up the Balls upon sippets and pour the sauce on it.

To make Mrs. Shellyes Cake.

TAKE a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, then take ten Eggs, leave out six whites, a pint and a half of Ale-yeast: beat the Eggs and yeast together, and put them to the flower; take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling; adde what spice you please; let this be put to the rest, with a quarter of a pint of sack, and a little saffron; and when you have made all this into paste, cover it

warm

warm before the fire, and let it rise for half an hour, then put in twelve pound of Currans well washed and dried, two pound of Raisins of the sun stoned and cut small, one pound of sugar; the sooner you put it into the Oven after the fruit is put in, the better.

To make Almond Jumbals.

TAKE a pound of almonds to half a pound of double refined Sugar beaten and searced, lay your almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very small, put in a handful of Gum-dragon, it being before overnight steeped in Rose-water, and half a white of an Egge beaten to froth, and half a spoonful of Coriander-seed, as many Fennel and Anniseeds, mingle these together very well, set them upon a soft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper and beat it well with a rowling pin till it work like a soft paste, and so make them up, and lay them upon Papers oyld with Oyle of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

To make Cracknels.

TAKE half a pound of fine flower, dried and searced, as much fine sugar searced, mingled with a spoonful of Coriander-seed bruised, half a quarter of a pound of butter rubbed in the flower and sugar, then wet it with the yolks of two Eggs, and half a spoonful of white Rose-water, a spoonful or little more of Cream as will wet it; knead the paste till it be soft and limber to rowl well, then rowl it exream thin, and cut them round by little plates; lay them up on buttered papers, and when they go into the Oven, prick them, and wash the Top with the yolk of an Egge beaten, and made thin with Rose-water, or fair water; they will give with keeping, therefore before they are eaten, they must be dried in a warm Oven to make them crisp.

To pickle Oysters.

TAKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters
to

to it with a little Mace and whole pepper, as much salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boil leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the pickle be cold, then put them into any pot that will lie close, they will keep best in Caper barrels, they will keep very well six weeks.

To boil Cream with Codlings.

TAKE a quart of Cream and boil it with some Mace and Sugar, and take two yolkes of Eggs, and beat them well with a spoonful of Rose-water and a grain of Ambergreese, then put it into the Cream with a piece of sweet Butter as big as a Walnut, and stir it together over the fire untill it be ready to boil, then set it some time to cool, stirring it continually till it be cold; then take a quarter of a pound of Codlings strained, and put them into a silver Dish over a few coals till they be almost dry, and being cold, and the Cream also, pour the cream upon them, and let them stand

on a soft fire covered an hour, then serve them in.

To make the Lady Albergaveres cheese.

TO one Cheese take a gallon of new Milk, and a pint of good Cream, and mix them well together, then take a skil-let of hot water as much as will make it hotter then it comes from the Cow, then put in a spoonful of Rennet, and stir it well together and cover it, and when it is come, take a wet cloth and lay it on your Cheese-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheese in wet Cloathes wrung dry; and lay on a little more wet, at night take as much salt as you can between your finger and thumb, and salt your cheese on both sides; let them lie in Presses all night in a wet cloth; the next day lay them on a Table between a dry cloth, the next day lay them in Grasse, and every other day change your grasse, they will be ready to eat in nine dayes: if you will have them ready sooner, cover them with a Blanker.

To dresse Snails.

TAKE your Snails (they are no way so as in Pottage) and wash them well in many waters, and when you have done put them in a white Earthen Pan, or a very wide dish, and put as much water to them as will cover them, and then set your Dish or Pan on some coals, that it may heat by little and little, and then the Snails will come out of the shells and so die, and being dead, take them out, and wash them very well in Water and salt twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boil a little while in that, so take away the rude slime they have, then take them out again and put them in a Cullender; then take excellent sallit Oyl and beat it a great while upon the fire in a frying pan, and when it boils very fast, slice two or three Onions in it, and let them fry well, then put the snails in the Oyl, and Onions, and let them stew together a little, then put the Oyl, Onions, and Snails all together in an earthen Pipkin of a fit size for your Snails, and put as much warm water to them as will

will serve to boyle them, and make the Pottage and season them with salt, and so let them boyle three or four hours; then mingle Parsley, Pennyroyal, Fennel, Time, and such Herbs, and when they are minced put them in a Mortar, and beat them as you do for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snayles, and then dissolve it all in the Mortar, with a little saffron and Cloves well beaten, & put in as much Pottage into the mortar as will make the spice and bread and Herbs like thickning for a Pot, so put them all into the snayles, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the herbs and beat it with them in the mortar, it will not tast the worse; serve them up in a Dish with sippers of Bread in the bottom. The pottage is very nourishing, and they use them that are apt to a Consumption.

To boyle a Rump of Beef after the French fashion.

TAKE a rump of Beef, or the little end of the Brisket, and parboyle it half an
houre,

houre, then take it up and put it in a deep Dish, then slash it in the side that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret wine, and put to it three or foure peices of large Mace, and set it on the coales close covered, and boyle it above an houre and a half, but turn it often in the mean time; then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handful of Capers or broom buds, half a dozen of hard Letice sliced, three spoonfuls of wine-vinegar and as much verjuyce, and then set it a boyling with these things in it till it be tender, and serve it up with brown Bread and Sippets fried with butter, but be sure there be not too much fat in it when you serve it.

An excellent way of dressing Fish.

TAke a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to it six spoonfuls of Water and four of Vinegar, as much of white wine, a good deale of Salt, a bundle of sweet Herbs, a little

little whole spice, a few Cloves, a little stick of Cinamon, a little Mace, take up all these in a Pipkin close, and set in a Kettle of seething water, and there let it stew three hours, you may do Carps, Eeles, Trouts, &c. this way, alter the taste to your mind.

To make Fritters of Sheeps-feet.

TAKE your Sheeps-feet, slit them and set them a stewing in a silver Dish with a little strong Broth and salt, with a stick of Cinnamon, two or three Cloves, and a piece of an Orange Pill: when they are stewed, take them from the liquor and lay them upon a Pie-plate cooling: when they are cold, have some good Fritter-batter made with sack, and dip them therein: then have ready to fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fried wring in the juice of three or four Oranges, and toss them once or twice in a Dish, and so serve them to the Table.

To

To make dry Salmon Calvert in the boiling.

TAKE a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuyce of sour Beer, and a few sweet hearbs and salt, and let your liquor boil extreme fast, and hold your Salmon by the Tail, and dip it in, and let it have a walm, and so dip it in, and out a dozen times, and that will make your Salmon Calvert, and so boil it till it be tender.

To make Bisket Bread.

TAKE a pound of Sugar searced very fine, and a pound of flour well dryed, and twelve Eggs, a handfull of Caroway-seed, six whites of Eggs, a very little salt, beat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates or Tin things, and take Butter and put into a cloth and rub your Plate; a spoonful into a plate is enough, and so set them in the Oven, and let your Oven be no hotter then to bake small Pies; if your flower be not dried in the Oven before, they will be heavy.

To

To make an Almond Pudding.

TAKE your Almonds when they are blanch'd, and beat them as many as will serve for your Dish, then put to it four or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little Sugar, and a little salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter then for Bisket bread: and when it is half baked, take the white of an Egge, Rose-water and fine sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds and so send it up.

This you may boil in a bag if you please, and put in a few crums of Bread into it, and eat it with Butter and Sugar without Marrow.

To make an Almond Candie.

TAKE three pints of Ale, boil it with Cloves and Mace, and sliced bread in it, then have ready beaten a pound of Almonds blanch'd, and strain them out with

a pint of White - wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boils.

To make Almond-bread.

TAKE almonds and lay them in water all night, then blanch them & slice them, to every pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the almonds and sugar, then have some plates and strew some flour on them, and lay wafers on them, and lay your almonds with the edges upwards, lay them as round as you can, scrape a little sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and them from the Plates, and set them in again, you must keep them in a Stove.

To make Almond Cakes.

TAKE half a pound of Almonds blanched in cold water, beat them with
C some

some Rose-water till they do not glister, then they will be beaten ; if you think fit, lay seven or eight Musque Comfits dissolved in Rose-water, which must not be above six or seven Spoonfuls for fear of spoiling the colour ; when they be thus beaten, put in half a pound of sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two Spoonfuls of fine flour that hath been dried in an Oven ; beat these well together and pour it to your Almonds, then butter your plates and dust your Cakes with sugar and flour, and when they are a little brown, draw them, and when the oven is colder set them in again on brown papers, and they will look whiter.

Master Rudstones Posset.

TAKE a pint of sack, a quarter of a pint of ale, three quarters of a pound of Sugar, boil all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boiling sack and slice it very well together till it be thick on the coals ; then take three pints of Milk or Cream being boiled to a quart.

quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a plate and so serve it.

To boil a Capon with Rancioles.

TAKE a good young Capon, trusse it and draw it to boil, and parboile it a little, then let it lie in fair Water being pickt very clean and white, then boil it in strong Broth while it be enough, but first prepare your Rancioles as followeth; Take a good quantity of Beet leaves, and boil them in Water very tender, then take them out, and get all the water very clean out of them, then take six sweet-breads of Veal, and boil and mince them white, mince them small, and then boil Hearbs also, and four or five Marrow bones, break them and get all the Marrow out of them, and boil the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them small, and half a pound of Dates the skin off and mince them also, and a quarter of a pound of Pomecitron minced small, then take of

Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of paste, and season it with a little Nutmeg, Ginger, Cinamon, and Salt, and Permasan-cheese grated with hard Sugar grated also, then mingle all together well, and make a paste with the finest flour, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boiling) and make up your paste, then drive out a long sheet of paste with an even Rowling Pin as thin as possible you can, and lay your ingredients in small heaps, round or long which you please in the paste, then cover them with the paste and cut them with a jag asunder, and so make more and more till you have made 2. hundred or more, then have a good broad Pan or Kettle half full of strong Broth, boiling leisurely, and put in your Ransoles one by one, and let them boil a quarter of an hour, then take up your Capon, lay it in a great Dish, and put on the Ransoles, and strew on them grated cheese, Naples-bisket grated, cinamon and sugar, then more and more cinamon

mon and Cheese, while you have filled your dish; then put softly on melted Butter with a little strong broth, your marrow Pomecitron, Limons sliced and serve it up, and so put it into the dish, so Ransoles may be part fryed with sweet but Clarified butter, either a quarter of them or half as you please; if the butter be not Clarified, it will spoil your Ransoles.

To make a Bisque of Carps.

TAKE twelve small Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve small Carps, cut off their heads and take out their Tongues, and take the fish from the bones of the flea'd Carps, and twelve Oysters, two or three yolks of hard Eggs, mash altogether, season it with Cloves, Mace, and salt, and make thereof a stiff searce; adde thereto the yolks of four or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep dish or Earthen pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of fresh butter, the Liquor of

C 3

your

your Oysters, the juice of a Limon or two ; a little White-wine, some of Corbillion wherein your great Carpe is boiled, and a whole Onion, so set them a stewing on a soft fire and make a hoop therewith ; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep pan with so much White-wine Vinegar as will cover and serve to boil him and the other Heads in ; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Hearbs, an Onion or two sliced, a Limon ; when you boil your Carps, pour your Liquor with the Spice into the Kettle wherein you will boil him ; when it is boiled put in your Carp, let it not boil too fast for breaking ; after the Carp hath boiled a while, put in the Head when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you go to dish them. When you dresse your Bisque, take a large Silver dish, set it on the fire, lay therein sippets of bread, then put in a Ladleful of your Corbillion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve heads about the Carp, then lay the

the searce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liquor wherein the searce was boiled, wring in the juice of a Limon and two Oranges; Garnish your Dish with pickled Barberries, Limons and Oranges, and serve it very hot to the Table.

To boil a Pike and Eele together.

TAke a quart of White-wine and a pint and a half of White-wine Vinegar, two quarts of Water, and almost a pint of Salt, a handful of Rosemary and Thyme; the Liquor must boil before you put in your Fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corne of Pepper.

To make an Outlandish Dish.

TAke the Liver of a Hog, and cut it in small pieces about the bignesse of a span, then take Anniseed, or French-seed, Pepper and salt, and season them therewithall, and lay every piece severally round in the caul of the Hog, and so roast them on a Bird-spirit.

To make a Portugal Dish.

TAKE the Guts, Gizards and Livers of two fat Capons, cut away the Gallies from the Liver, and make clean the Gizards and put them into a dish of clean water, slit the Gut as you do a Calves chaldron, but take off none of the fat, then lay the guts about an hour in White-wine, as the Guts soke, half boil Gizards and Livers, then take a long wooden broach, and spit your Gizards and Livers thereon, but not close one to another, then take and wipe the Guts somewhat dry in a cloth, and season them with Salt and beaten Pepper, Cloves and Mace, then wind the guts upon the wooden broach about the Liver, and Gizards, then tie the wooden broach to spin, and lay them to the fire to roast, and roast them very brown, and bast them not at all till they be ienough, then take the gravy of mutton, the juice of two or three Oranges, and a grain of Saffron, mix all well together, & with a spoon bast your roast, let it drop into the same Dish. Then draw it, and serve it to the Table with the same sauce.

To

To dress a dish of Hartichoaks.

TAKE and boil them in a Beef-pot, when they are tender sodden, take off the tops leaving the bottoms with some round about them, then put them into a dish, put some fair water to them, two or three spoonfuls of Sack, a spoonful of Sugar, and so let them boil upon the Coales, still pouring on the Liquor to give it a good taste, when they have boiled half an hour take the Liquor from them, and make ready some Cream boiled and thickned with the yolk of an Egge or two, whole Mace, Salt and Sugar, with some lumps of morrow, boil it in the Cream, when it is boiled put a good piece of sweet butter into it, and toast some toasts, and lay them under your Hartichoaks, and pour your Cream and butter on them, garnish it, &c.

To dress a Fillet of Veal the Italian way.

TAKE a young tender Fillet of Veale, pick away all the skins in the fold of the flesh, after you have pickt it out clean so that no skins are left, nor any hard

C 5 thing;

thing; put to it some good White-wine (that is not too sweet) in a boud, and wash it, and crush it well in the Wine; do so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much salt as will season it well, mingle the Powder well upon the paste of your meat, then pour to it so much White-wine as will cover it when it is thrust down into a narrow pan; lay a Trencher on it and a weight to keep it down, let it lie two nights and one day, put a little Pepper to it when you lay it in the sauce, and after it is sowced so long, take it out and put it into a Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but onely Beef-broth that is sweet and not salt; cover it close and set it on the Embers, onely put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an excellent Taste; it must be served with the same broth as much will cover it.

To make the Italian, take Coriander-seed two ounces, Anniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinamon one ounce; These must be beaten into a gross powder, putting into it

a little powder of Winter-savory ; if you like it, keep this in a Vial-glass close stoppt for your use.

To dresse Soales.

TAKE a pair of Soales, lard them through with watered fresh Salmon, then lay your Soales on a Table, a Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the lard but short, then flower the soals, and fry them in the best Ale you can get ; when they are fried lay them on a warm Pie-plate, and so serve them to the Table with a sallet dish full of Anchovy sauce, and three or four Oranges.

To make Furmity.

TAKE a quart of Cream, a quarter of a pound of French-barley the whitest you can get, and boil it very tender in three or four severall waters, and let it be cold, then put both together, put in it a blade of mace, a nutmeg cut in quarters, a race of ginger cut in three or 5. pieces, and so let it boil a good while, still stirring, and season it with sugar to your taste, then
take

take the yolks of four Eggs and beat them with a little cream, and stir them into it, and so let it boil a little after the Eggs are in, then have ready blanch'd and beaten twenty Almonds kept from oyling, with a little Rose-water, then take a boulder-strainer, and rub your Almonds with a little of your Fumity through the strainer, but set it on the fire no more, and stir a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a dish, and serve it.

To make Patis, or Cabbage Cream.

TAke thirty Ale pints of new milk, and set it on the fire in a Kettle till it be scalding hot; stirring it oft to keep it from creaming, then put it forth, into thirty pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with two such slices as you beat Bisket bread with, but they must be very thin and not too broad, then when the Milk is dropped off the Cream, you must lay it upon a Pie-plate, you must scour the Kettle very clean and heat the milk again, and so four or five times. In the lay of it first lay a
stalk

stalk in the midst of the plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape sugar and sprinkle Rose-water, and if you will, the powder of Musk, and Amber-greece, in the heating of the milk be careful of smok.

To make Pap.

TAKE three quarts of new milk, set it on the fire in a dry silver dish, or Bason; when it begins to boil skim it, then put thereto a handful of flour and yolks of three Eggs, which you must have well mingled together with a Ladleful of cold milk, before you put it to the milk that boils, and as it boils, stir it all the while till it be enough, and in the boiling, season it with a little salt, and a little fine beaten sugar, and so keeping it stirred till it be boiled as thick as you desire, then put it forth into another dish and serve it up.

To make Spanish Pap.

TAKE three spoonfuls of Rice-flour; finely beaten and searced; two yolks of eggs, three spoonfuls of sugar, three or four

four spoonfuls of Rose-water. Temper these four together, then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thicknesse, then Dish it and serve it up.

To poach Eggs.

TAKE a dozen of new laid Eggs and flesh of four or five Partridges, or other; mince it so small as you can season it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Dish, with a Ladleful or two of the gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Charcoals, and after it is half stewed, as it boils, break in your Eggs one by one, and as you break them, pour away most part of the Whites, and with one end of your Egg-shell, make a place in your dish of meat, and therein put your yolks of your Eggs, round in order amongst your meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juice of a couple of Oranges; have a care none of the Seeds go in, wipe your Dish and garnish your

your dish with four or five whole Onions, &c.

A Potage of Beef Pallats.

TAKE Beef pallates after they be boiled tender in the Beef Kettle or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two dishes with a piece of leer Bacon, an handful of champignons, five or six sweet breads of Veal, a Ladleful or two of strong broth, and as much gravy of Mutton, an Onion or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pills; as your Pallats stew, make ready your dish with the bottoms of tops of two or three Chear Loaves dried and moistened with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two dishes, in great pieces; when your pallats and Marrow is stewed, and you ready to dish it, take out all the Spices, Onion and Bacon, and lay it in your Plates, sweet-bread, and Champigneons, pour in the broth they were stewed in and lay

lay on your pieces of marrow, wring the juice of two or three Oranges; and so serve it to the Table very hot.

The Jacobins Pottage.

TAKE the flesh of a washed Capon or Turkey cold, mince it so small as you can, then grate or scrape among the flesh two or three ounces of Parmasants or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace, and Salt; then take the bottoms and tops of four or five new Rowles, dry them before the fire, or in an Oven, then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladlesful of strong broth, and a Ladlesful of gravy of mutton, then strow on your minced meat all of an equal thicknesse in each place, then stick twelve or eighteen pieces of marrow as big as Walnuts, and and pour on a Ladlesful of pure Gravy of mutton, then cover your Dish close, and as it stews adde now and then some gravy of mutton thereto, thrust your Knife sometimes to the bottom, to keep the bread from sticking to the dish, let it so stew still, till you are ready to dish it away, & when

you

you serve it, if need require, and more gravy of mutton, wring the juice of two or three oranges, wipe your dishes brims, and serve it to the Table in the same dish.

To Salt a Goose.

TAKE a fat goose and bone him, but leave the breast bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boil him in running water very tender, and serve him with Bay-leaves.

A way of stewing Chickens or Rabbits.

TAKE two three or four Chickens, and let them be about the bigness of a Partridge, boil them till they be half boil'd enough, then take them out & cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones (upon which there must also be some meat remaining) into a good quantity of
that

that water or broth wherein the Chickens were boyled, and set it then over a Chafing-Dish of coales between two Dishes that so it may stew on till it is fully enough; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or lesse according to the goodnesse thereof; and a little before you take it from the fire, you must adde such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of meat which must be served up in the Liquor; and though for a need it may be made with butter instead of Oyl, and with Vinegar instead of juyce of Lemons, yet is the other incomparably better for such as are not Enemies to Oyle. The same Dish may be made also of Veale, or Partridge, or Rabbits, and indeed the best of them all is Rabbits, if they be used so before Michaelmas, for afterwards methinks they grow rank; for though they be fatter, yet the flesh is more hard and dry.

A Pottage of Capons.

TAke a couple of young Capons, Truss and let them and fill their bellies

lies with Marrow, put them into a Pipkin with a Knuckle of Veale, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veale; season your Broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boyle gently till your Capons be enough, but boyle them not too much; as your Capons boyle, make ready the Bottomes and Tops of eight or ten new rowles, and put them dried into a faire Silver Dish wherein you serve the Capons; set it on the fire, and put to your bread, two Ladlesfuls of broth wherein your Capons are boyled and a Ladlesful of the Gravy of Mutton; so cover your dish, and let it stand till you Dish up your Capons if need require, adde now and then a Ladlesful of broth and Gravy, lest the bread grow dry; when you are ready to serve it, first lay in the Marrow bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that swimmeth on the pottage, then garnish your Capon with the sweet-breads and some Lemons, and so serve it.

To dresse Soales another way.

TAKE Soales, fry them half enough, then take Wine season'd with Salt, grated ginger, and a little garlick, let the Wine, and seasoning boyle in a Dish, when that boyles and your Soales are half fri'd, take the Soales and put them into the Wine, when they are sufficiently stewed, upon their backs, lay the two halves open on the one side and on the other, then lay Anchoves finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the Dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

A Carp Pye.

TAKE Carps, scald them, take out the bones, pound the Carps in a stone Morter, pound some of the bloud with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eale, season it, and bake it like red Deere and eat it cold.

This is meat for a Pope.

To

To boyle Ducks after the French fashion.

TAKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very small, some Mace and a little beaten Ginger, a little Tyme stript, a crust of a French Rowle grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much wine put in, and if there be no Oysters or Chestnuts you may put in Hartichoak bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet-breads, &c.

To boyle a Goose with Sausages.

TAKE your Goose and salt it two or three dayes, then trusse it to boyl, cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt; put it a boyling in Beefe broth if you have any, or water, season your Liquor with a little Salt, and Pepper grossly beaten

beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed altogether; you must have prepared your Cabbage or sausages boyld very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong broth or Claret Wine, an Onyon or two; season it with Pepper, Salt and Mace to your tast; six Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladle of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some on the cabbage on top of your Goose, serve it up.

To fry Chickens.

TAKE five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, six Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parsley on the top of your Chicken being Dished, and so serve them.

To

To make a Battalia Pie.

TAKE four tame Pigeons and Trusse them to bake; and take four Oxe-Palates well boiled and blanched, and cut it in little pieces; take six Lamb stones, and as many good sweet-breads of Veale cut in halfs and parboil'd and twenty Coxcombs boil'd and blanched, and the bottoms of four Hartichoaks, and a pint of Oysters parboiled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine paste proportionable to your quantity of meat: put half a pound of Butter upon your meat, put a little water in the Pie, before it be set in the Oven, let it stand in the Oven an hour and a half, then take it out, pour out the butter at the top of the Pie, and put it into leer of Gravy, butter, and Limons, and serve it up.

To make a Chicken Pie.

TAKE four or five chickens, cut them in pieces, take two or three Sweet-breads parboil'd and cut the pieces as big as
Wal-

walnuts ; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Hartichokes boiled, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and Salt, then some Butter on the top of the Pie, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leet of butter, gravy of Mutton, eight Lemons sliced, so serve it.

To make a Pie of a Calfs head.

TAKE a Calfs head, clean it and wash it very well ; put it a boiling till it be three quarters boiled, then cut off the flesh from the bones, and cut it in pieces as big as walnuts. Blanch the tongue and cut it in slices, take a quart of Oysters parboiled and bearded, take the yolks of twelve Eggs, put some thin slices of bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onion small, and put it in the bottom of your Pie, season it with Pepper, Nutmeg, Mace, and salt, make your Coffin to your meat wh it fashion you please. Let it bake an hour and an half, put butter on the bottom and on the top of your Pie before
you

you close it, put a little water in before you put it into the Oven, when you draw it out take off the lid, and put away all the fat on the top and put in a leere of thick butter, Gravy of mutton, a Limon pared and sliced, with two or three Anives dissolved. So stew these together, and cut your lid in handsome pieces, and lay it round the Pie, so serve it.

To make Cream with Snow.

TAKE three pints of Cream, and the whites of seven or eight Egges, and strain them together, and a little Rose-water, and as much Sugar as will sweeten it, then take a stick as big as a child's Arm, cleave one end of it a crosse, and widen your pieces with your finger, beat your Cream with this stick, or else with a bundle of Reeds tied together, and roll between your hand standing upright in your Cream, now as the snow ariseth take it up with a spoon in a Cullender that the thin may run out, and when you have sufficient of this Snow, take the cream that is left, & seeth it in the skeller, and put thereto whole Cloves, sticks of Cinnamon, a little Ginger bruised, and

D

seeth

leeth it till it be thick, then strain it, and when it is cold put it into your dish, and lay your snow upon it.

To make minced Pies.

TAKE a large Neats-tongue, shred it very well, three pound and a half of Suet very well shred, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, half a preserved Orange, or instead of it Orange Pills, a quarter of a pound of Sugar, a little Limon Pill sliced very thin, put all these together very well, put to it two spoonfuls of Verjuice, and a quarter of a pint of sack, &c.

To dry Neats Tongues.

TAKE Bay salt beaten very fine, and salt-Peeter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waists put on more, and when they are very hard and stiff they are enough, then roll them in Bran, and dry them before a soft fire, and before you boil them let them lie one night in Pump-water, and boil them in the same sort of water.

To

To make Jelly of Harts-horn.

TAKE six ounces of Harts-horn, three ounces of Ivory, both finely carped, boil it in two quarts of water in a Pipkin close covered, and when it is three parts wasted, you may try it with a spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag; season it with Rose-water, juice of Limons and double refined sugar, each according to your taste, then boil altogether two or three walms, so put it in the glasse and keep it for your use.

To make Chickens fat in four or five dayes.

TAKE a pint of French-wheat, and a pint of wheat flour, half a pound of sugar, make it up into a stiff paste, and roll it into little rolls, wet them in warm milk, and so cram them, and they will be fat in four or five dayes, if you please you may sow them up behind one or two of the last dayes.

To make Angelot.

TAKE a gallon of Stroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet; when you fill turn up the midst side of the Cheele-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the fat, salt them on both sides, and when the Coats begin to come on them, neither wipe nor seape them, for the thicker the coat is the better.

A Persian Dish.

TAKE the fleshy part of a Leg of Mutton stript from the fat and sinews, beat that well in a Mortar with Pepper and Salt, and a little Onion or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two dishes before you use them, then fry them with butter in a Frying-pan, and serve them with the same butter, and you will find it a dish of savory meat.

To

To roast a Shoulder of Mutton in bloud.

WHen your sheep is killed, save the bloud, and spread the Caule all open upon a Table that is wet, that it may not stick to it ; as soon as you have flead your sheep, cut off a Shoulder, and having Time picked, shred and cut small into some of your bloud, stop your Shoulder with it, in-side and out-side, and into every hole with a Spoon put some of the Bloud ; after you have put in the Time, then lay your Shoulder of Mutton upon the caul and wrap that about it, then lay it into a Tray, and pour all the rest of the bloud upon it ; so let it lie all night, if it be in Winter, you may let it lie twenty four hours, then roast it.

To roast a Leg of Mutton to be eaten cold.

First take so much lard as you think sufficient to Lard your Leg of Mutton withall, cut your Lard in grosse long Larders ; season the Lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and bay-salt beaten fine and dried,

then take Parsley, Time, Marjoram, Onion, and the out-rine of an Orange shred all these very small, and mixe them with the Lard, then Lard your Leg of Mutton therewith ; if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a silver dish, lay two sticks cross the dish to keep the Mutton from sopping in the Gravy and fat that goes from it, lay the Leg of Mutton upon the sticks, and set it into an hot Oven, there let it rost, turn it once, but bast it not at all, when it is enough and very tender, take it forth, but serve it not till it be thoroughly cold ; when you serve it, put in a saucer or two of Mustard and sugar, and two or three Limons whole in the same dish.

To Roast Oysters.

TAKE the greatest Oysters you can get, and as you open them, put them into a dish with their own liquor, then take them out of the dish, and put them into another, and pour the Liquor to them, but be sure no gravel get amongst them ; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten

Lards

Lards through each Oyster; season your Lard first with Cloves; Nutmeg beaten very small, Pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a roll grated on them, and when they be brown, draw them off, then take the sauce wherewith you basted your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juice of a Limon, to serve it.

To make a Sack-Possset.

TAke a quart of Cream and boil it very well with sugar, mace and nutmeg, take half a pint of sack, and as much Ale, and boil them well together with some sugar, then put your cream into your Bason to your Sack, then heat a Pewter dish very hot, and cover your Bason with it, and set it by the fires side, and let it stand there two or three hours before you eat it.

Another Sack-posset.

TAke eight eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them all together, and put them into your Bason, and set them in the Oven no hotter then for a Custard, let it stand two hours.

*To make a Sack-posset without
Milk or Cream.*

TAke eighteen Eggs, whites and all, taking out the Treeds, let them be beaten very well, take a pint of Sack and a quart of Ale boyled, then scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boil a little together, then take it off the fire stirring the eggs still, put into them two or three Ladlesfuls of drink, then mingle altogether and set it on the fire, and keep it stirring till you find it thick, then serve it up.

To

To make a Stump-pie.

TAKE a Leg of Mutton, one pound and an half of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of Salt, and a little Cloves and Mace, then take a good handful of Parsley, half as much Tyme, and mince them very small, and mingle them with the rest; then take six new-laid Eggs and break them into the meat, and work it well together, and put it into the Paste; then upon the top put Raisins, Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-wine-vinegar, and strew Sugar upon it, and so serve it.

To make Mrs. Leeds Cheese-cakes.

TAKE six quarts of milk and renn it prety cold, and when it is tender come, drein it from your Whey in a strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry clothes till it wet the cloth no longer, then beat it in a stone-mortar till it be like Butter, then strain it through a thin strainer, mingle it with a pound and

a half of Butter with your hands, take one pound of Almonds, and heat them with Rose-water till they are like your Curd, then mingle them with the yolks of twenty eggs, and a quart of Cream, two great Nutmegs, one pound and a half of Sugar: when your Coffins are ready and going to set in the Oven, then mingle them together: let your Oven be made hot enough for a Pigeon-pie, and let a stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be made with milk and butter as stiff as for other Paste, then you must set them into a pretty hot Oven, and fill them full of bran, and when they are hardened take them out, and with a wing brush out the bran: they must be pricked.

To make Tarts called Taffary-tarts.

Erst wet your Paste with butter and cold water, and roll it very thin, also then lay them in layes, and between every lay of Apples firew some Sugar, and some Lemon-pill cut very small, if you please put some Fennel-seed to them: then put them into a stoak-hot Oven, and let them stand an hour in or more, then
take

take them out, and take Rose-water and Butter beaten together, and wash them over with the same, and strew fine Sugar upon them, then put them into the Oven again, let them stand a little while and take them out.

To make fresh Cheese.

TAKE three pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boil a while, then put in some Damask-rose-water, keep it still stirring lest it burn to, and when you see it thickened and turned, take it from the fire, and wash the strainer and cheese-fat with Rose-water, then roll it to and fro in the strainer to drain the Whey from the Curd, then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheese dish with some of the whey, and so serve it up.

To make Sugar-cakes or Fumbals.

TAKE two pound of flour, dry it and season it very fine, then take a pound of Loaf-sugar and beat it very fine, and
searce

searce it, mingle your flour and sugar very well, then take a pound and an half of sweet Butter, and wash out the salt, and break it into bits with your flour and sugar, then take yolks of four new laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream; beat all these together, then put them into you flour, and knead them to a Past, and make them into what fashion you please, and lay them upon paper or plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

For Fumbals you must onely add the whites of two or three Eggs.

To bask a Shoulder of Mutton.

TAKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the Bone, then put to the meat some Claret - wine, a great Onion, some Gravy of Mutton, six Anchoves, an handful of Capers, the tops of a little Time, mince them very well together, then take nine or tenne Eggs, the juice of one or two Limons to make it tart, and make leer of them, then

then put the meat all in a Frying-pan over the fire till it be very hot; then put in the leere of Eggs and soak altogether over the fire till it be very thick; then boil your Bone, and put it on the top of your meat being Dished, Garnish your Dish with Limons, serve it up.

*To dresse Flounders or Place with
Garlick and Mustard.*

TAKE Flounders very new, and cut all the Fins and Tails, then take out the Guts and wipe them very clean; they must not be at all washt, then with your Knife scotch them on both sides very grolly; then take the Tops of Time and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Time and them together, and season the Flounders; then lay them on the Grid-iron and bast them with Oyle or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, bast it on both sides till you have broil'd them brown, when they are enough make your sauce with Mustard two or three Spoonfull according

ding to discretion, fix Anchoves dissolved very well, about half a pound of butter drawn up with garlick, Vinegar, or bruised garlick in other Vinegar, rub the bottom of your dish with garlick. So put your sauce to them, and serve them, you may fry them if you please.

A Turkish Dish.

TAKE fat Beef or Mutton cut in thin slices, wash it well, put it into a Pot that hath a close cover, then put into it a good quantity of clean pick'd rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onions; let all this boil very well, then take out the Onion and dish it in sippers, the thicker it is the better.

To dresse a Pike.

CUT him in pieces, and strew upon him salt and scalding Vinegar, boil him in water and White-wine, when he is boiling put in sweet Herbs, Onion, Garlick, Ginger, Nutmeg, and salt; when he is boiled take him out of the Liquor, and let him drain, in the mean time beat

But-

Butter and Anchoves together, and pour it on the fish, squeezing a little Orange and Limon upon it.

To dresse Oysters.

TAKE Oysters and open them, and save the Liquor, and when you have opened so many as you please, adde to this Liquor some White-wine, wherein you must wash your Oysters one by one very clean, and lay them in another dish; then strain to them that mixed wine and Liquor wherein they were washed, adding a little more wine to them with an Onion divided with some Salt and Pepper, so done, cover the dish and stew them till they be more than half done; then take them and the Liquor, and pour it into a Frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the mean time you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley, and Nutmeg finely scraped, and put therein the Oysters in
the

the pan, which must still be kept stirring lest the Liquor make the Eggs curdle, let this all have a good walm on the fire, and serve it up.

To dresse Flounders.

Flea off the black skin, and scoure the Fish over on that side with a Knife, lay them in a dish, and pour on them some Vinegar, and strew good store of Salt, let them lie for half an hour; in the mean time set on the fire some water with a little White wine, Garlick and sweet herbs as you please, putting into it the Vinegar and Salt wherein they lay, when it boils put in the biggest fish, then the next till all be in; when they are boiled take them out, and drain them very well, then draw some sweet Butter thick, and mixe with it some Anchoves shred small, which being dissolved in the Butter, pour it on the fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

To

To dresse Snayles.

TAKE Snayles and put them in a Kettle of water, and let them boyl a little, then take them out, and shake them out of the shels into a Bason; then take some Salt and scoure them very well, and wash them in warm water, untill you find the slime clean gone from them; then put them into a Cullender and let them drain well, then mince some sweet hearbs, and put them into a Dish with a little Pepper and Sallet-Oyle together, then let them stand an hour or two; then wash the shels very well and dry them, and put into every shell a Snail, and fill up the shell with Sallet-Oyle and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them.

To dresse Pickle Fish.

WASH them well while they are in the shell in salt water, put them into a Kettle over the fire without water; and stirre them till they are open, then take them out of their shels, and wash

wash them in hot water and salt, then take some of their own Liquor that they have made in the Kettle, a little White-wine, Butter, and Vinegar, Spice, Parsley; let all these boil together, and when it is boiled, take the yolks of three or four eggs and put into the broth. Scollops may be dressed on this manner, or broiled like Oysters with Oyl or juice of Limon.

To fricate Beef Pallats.

TAKE Beef Pallats, after they be boiled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, Salt, and some grated bread; then have some butter in a Frying-pan, put your Pallats therein, and so fricate them till they be brown on both sides, then take them forth and put them on a dish, and put thereto some Gravy of Mutton, wherein two or three Anchovies are dissolved, grate in your sauce a little Nutmeg, wring in the juice of a Limon, so serve them.

A Spanish Olio.

TAKE a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beef, a couple of Hogs Eares, and four feet if they can be had, and if not, some quantity of Sheeps feet (Calves feet are not proper) a Joynt of Mutton, the Legge, Rack or Loin, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be first dried, and then crumbled in powder, & dissolved apart in two or three spoonfuls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an hour before the Olio be taken off from the fire; a Pottle of hard dry Pease, when they have first slept in water some dayes, a pint of boil'd Chelnuts: Particular care must be had, that the Pot wherein the Olio is made, be very sweet: Ear-

Earthen I think is the best, and judgement is to be had carefully both in the size of the Pot, and in the quantity of the water at the first, that so the Broth may grow afterwards to be neither too much, nor too little, nor too grosse, nor too thin; thy meat must be long in boyling, but the fire not too fierce, the Bacon, the Beefe, the Pease, the Chesnuts, the Hogs Ears, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of meats and Roots, and especially against putting of Oyle, for it corrupts the Broth, instead of adding goodness to it. To do well, the Broth is rather to be drunk out of a Porringer, than to be eaten with a spoon, though you adde some small slices of bread to it, you will like it the worse. The Sauce for thy meat must be as much fine Sugar beaten small to powder, with a little Mustard as can be made to drink the sugar up, and you will find it to be excellent; but if you make it not faithfully and justly according to this prescript, but shall neither put Mace, or Rosemary, or Tyme, to the herbs, as the manner is of some, it will prove very much the worse.

To make Metheglin.

TAKE all sorts of Herbes that are good and wholesome, as Balme, Mint, Fennell, Rosemary, Angelica, wilde Tyme, Hisop, Burnet, Egrimony, and such other, as you think fit; some field Herbs, but you must not put in too many, but especially Rosemary or any strong Herbe, lesse than half an handful will serve of every sort, you must boyl your herbes and strain them, and let the Liquor stand till to morrow and settle them, take off the clearest Liquor two gallons and a halfe to one gallon of Honey, and that proportion as much as you will make and let it boyle an houre, and in the boyling skim it very clean, then set it a cooling as you do Beer, when it is cold take some very good Ale Barme, and put into the bottom of the Tub a little and a little, as they doe beere, keeping back the thicke setling that lieth in the bottom of the Vessel that it is cooled in, and when it is all put together, cover it with a cloth, and let it work very neere three dayes, and when you mean to put it up, skim off all the Barme cleane, put it

it up into the vessel, but you must not stop your vessel very close in three or four dayes, but let it have all the vent, for it will work, and when it is close stopped you must look very often to it, and have a peg in the top to give it vent; when you hear it make a noise, as it will do, or else it will break the vessel, sometimes I make a bag and put in good store of Ginger sliced, some Cloves and Cinnamon, and boil it in; and other times I put it into the barrel and never boil it, it is both good, but Nutmeg and Mace do not well to my taste.

To make a Sallet of Smelts.

TAKE half an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of White-wine, and a pint of White-wine-vinegar, an Onion shred, a couple of Lemons, a Race of Ginger, three or four blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four dayes, let not your Pickle be too strong of the Vinegar; when you will serve them

take

take them out one by one, scrape and open them as you do Anchovies, but throw away the bones, lay them close one by one round a silver dish, you must have the very outmost rind of a Lemon or Orange, so small as grated bread, and the Parsley, then mix your Lemon-pill, Orange and Parsley together, with a little fine-beaten Pepper, and strew this upon the dish of Smelts with the meat of a Lemon minced very small, also then pour on excellent Sallet-oyle, and wring in the juice of two Lemons, but be sure none of the Lemon-seed be left in the Sallet, so serve it.

To roast a Fillet of Veal.

TAke a Fillet of Beef, which is the tenderest part of the beast, and lieth onely in the inward part of the Sirloyn next to the Chine, cut it as big as you can, then broach it on a broach not too big, and be careful you broach it not thorow the best of the meat, roast it leisurely and baste it with sweet butter: set a dish under it to save the Gravy while the Beef is roasting, prepare the sauce for it, chop good store of Parsley with a few sweet herbs
shred

shred small, and the yolks of three or four Eggs, and mince among them the Pill of an Orange and a little Onion, then boil this mixture, putting into it sweet Butter, Vinegar and Gravy, a spoonful of strong Broth, when it is well boiled put it into your Beef and serve it very warm, sometimes a little gross Pepper or Ginger into your sauce, or a pill of an Orange or Lemon.

*To make a Sallet of a cold
Hen or a Capon.*

TAKE the brest of a Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little Sugar as you think fit; then take six Anchovies, and an handful of Capers, a little long, gross or a Charrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little Salt.

To stew Mushromes.

TAKE them fresh gathered and cut off the hard end of the stalk, and as you pill them throw them into a dish of White.

Which
hour o
Wine
Dishe
out a
stewe
that o
black
anoth
Tym
corn
Clov
bit of
of M
a ger
they
you
them
Oran
mon
the
time
serv

The

F

White-wine, after they have lain half an hour or thereupon, draine them from the Wine, and put them between two silver Dishes, then set them on a soft fire without any liquor, and when they have stewed a while, poure away the liquor, that comes from them which will be very black, then put your Mushromes into another clean Dish with a sprig or two of Tyme, an Onyon whole, four or five cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet butter, and some pure Gravie of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender, when you dish them blow off all the fat from them, and take out the Tyme, Spice and Orange, then wring in the juyce of a Lemon, and grate a little Nutmeg, among the Mushromes, tesse them two or three times, put them in a cleane Dish, and serve them hot to the Table.

*The Lord Conway, his Lordships Receipt
for the making of Amber Puddings.*

First take the guts of a young Hog, and wash them very clean, and then take

E

two

two pound of the best Hogs fat, and a pound and an half of the best Jurden Almonds, the which being blancht, take one half of them and beat them very small, and the other half reserve whole unbeaten, then take a pound and an half of fine sugar, and four white Loaves, and grate the Loaves over the former composition, and mingle them well together in a Bason, having so done, put to it half an ounce of Ambergreece, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant musk, and bruise it in a marble mortar, with a quarter of a pint of Orange-flour water, then mingle these all very well together, and having so done, fill the said guts therewith. This Receipt was given his Lordship by an Italian for a great rarity, and has been found so to be by those Ladies of honour, to whom his Lordship has imparted the said Reception.

To make a Partridge Tart.

TAKE the flesh of four or five Partridges minced very small, with the same weight of Beef-marrow as you have Partridge flesh, with two ounces of Oran-
gadoes

gadoes and green Citron minced together as small as your mear, season it with Cloves, and Mace, and Nutmeg, and a little Salt and Sugar, mixe all together, and bake it in Puff-paste; when it is baked open it, and put in half a Grain of Musk or Amber brayed in a mortar or Dish, and with a spoonful of Rose-water, and the juice of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

To keep Venison all the year.

TAKE the Haunch, and parboil it a while, then season it with two Nutmegs, a spoonful of Pepper, and a good quantity of salt, mingle them all together, then put two spoonfuls of White-wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded put in the Venison at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you take it out of the Oven take away

the Paste, and lay a round Trencher with a weight on the top of it to keep it down till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your Pot be narrow at the bottom it is the better, for it must be turned upon a Plate, and stuck with Bay-leaves when you please to eat it.

To bake Brawne.

TAKE two Buttocks and hang them up two or three dayes, then take them down and dip them into hot water and pluck off the skin, dry them very well with a cleane Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with Paste, let the Oven be well heated, and so bake them, you must give them time for the baking, according to the bigness of the Haunches, and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three dayes,

dryes, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three moneths.

To roast a Pike.

TAKE a Pike, scoure off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Tyme, Wintersavory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tied on the Spit, tie the Pike on, winding Pack-thread about the Pike along, but there must be tied by the Pack-thread all along the side of the Pike which is not defended by the Spit, and the Lathes Rosemary and Bayes, baste the Pike with Butter and Claret-wine, with some Anchoves dissolved in it,

when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

To sauce Eeles.

TAKE two or three great Eeles, rub them in salt, draw out the guts, wash them very clean, cut them athwart on both sides sound deep, and cut them again crosse way, then cut them thorow in such pieces as you think fit, and put them into a Dish with a pint of Wine-vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of sweet herbs, two or three great Onions, some Mace, a few Cloves, you must let these lie in Wine-vinegar and salt, & put them into boiling Liquor, there let them boil according to Cookery, when enough, take out the Eeles, and drain them from the Liquor, when they are cold take a pint of White-wine, boil it up with Saffron to colour the Wine, then take out some of the liquor, or put it in an earthen pan, take out the Onions and all the herbs, only let the Cloves and Mace remain, you must beat the Saffron to powder, or else it will not colour.

To

To make Sausages without skins.

TAKE Leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone mortar, the rest cut very small, be sure to cut out all Gresles and Lenents in the Pork, when you have mixed these altogether, knead them into a stiff paste with the yolks of two or three Eggs, so roll them into Sausages.

To dress a Pike.

TAKE a male Pike, rub his skin off whilst he lives with Bay-salt, having well cleared the outside, lay him in a large dish or Tray, open him so as you break not his Gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great dish or Tray, pour upon it half a pint of White wine vinegar, more or less, according to the size of the fish, then strew upon the inside of the fish White salt plentifully, Bay salt beaten very small is better, whilst

this is a doing, let a Skellet with a sufficient quantity of Rhenish wine, or good white wine, be put over the fire, with the wine Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of sweet herbs, *viz.* Sweet-marjoram Rosemary, Pill of half a Lemon, let these boil to the heighth, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the liquor, put the thickest piece first, that will aske most boyling, and the Vinegar last of all; while the Pike boyls, take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the liquor your Pike was boyled in, dissolved Anchoves. Note that the Liquor, Sauce, the Spice and the other Ingredients must follow the proportion of the Pike; if your Sauce be too strong of the Anchoves, add more fair water to it. Note also, that the liquor wherein this Pike was dressed, is better to boyle a second Pike therein, than it was at the first.

To dresse Eeles.

CUt two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoon-
full

full or two of water, and to them put some Herbes and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

To boyl a Pudding after the French fashion.

TAKE a Turkey that is very fat, and being pull'd and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprigge of Rosemary and Bayes, sow it very close in a cleane cloth, and let it lie all night covered with white-wine, let it be put into a pot with the same liquor and no more, let it be close stopped, then hang it over a very soft and gentle fire, there to continue six houres in a simpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bayes, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it corner-wise.

To make a Fricake.

TAKE three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onions and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of White-wine, so let them stew till they be enough, then take some Verjuice, and Nutmegs, and three or four yolks of Eggs, beat them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butter, scald it well over the fire, and serve it ins.

To make a Dish called Olives.

TAKE a Fillet of Veal, and the flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your knife, lay them abroad on a dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley,
Time,

Time
chop
and
these
then
the s
it gro
ter,
with
take
sing
Oni
mea
serv

T
ran
the
boi
Oli
pas
qu
sw
til

Time, Winter-savory, Sorrel and Spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roll it up piece by piece, put it upon the spit, roasting it an hour and half, and if it grow dry bast it with a little sweet butter, the sauce is Verjuice or Claret-wine with the Gravy of the meat and Sugar, take a whole Onion and stew it on a Chafin-dish of coals, and when it tastes of the Onion, pour the liquor from it on the meat, setting it a while on the coals, and serve it in.

To make an Olive-Pie.

THIS you may take in a pie, putting Raisins of the Sun stoned and some Currans in every Olive, first strowing upon the meat the whites and yolks of two boiled Eggs shred very small, make your Olives round, and put them into Puff-paste, when it is half baked put in good quantity of Verjuice or Claret-wine sweetened with Sugar, putting it in again till it be thorow baked.

The

The Countesse of Rutlands Receipt of making the rare Banbury Cake, which was so much praised at her Daughters (the right Honourable the Lady Chaworths) Wedding.

Imprimis,

TAKE a peck of fine Flowre, and half an Ounce of large Mace, halfe an Ounce of Nutmegs, and half an Ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searce, two pounds of Butter, halfe a score of Eggs, put out four of the whites of them, something above a pint of good Ale-yeast, beate your Eggs very well and strain them with your Yeast, and a little warme water into your Flowre, and stirre them together, then put your Butter cold in little Lumpes: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warm Cloth, a quarter of an houre, or thereupon; then put in tenne pounds of Currans, and a little Muske and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will

will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans, as you shall think the water hath taken away the sweetnesse from them; break you paste into little pieces, into a Kinnell, or such like thing, and lay a layer of paste broken into little pieces, and a layer of Currans, untill your Currans are all put in, mingle the paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of paste after it hath risen in a warm cloth before you put in the Currans to cover the top, and the bottom, you must roll the cover something thin, and the bottom likewise, and wet it with Rose-water, and close them at the bottom of the side, or the middle which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife an inch deep, if your Cake be of a peck of Meale, it must stand two hours in the Oven, your Oven must be as hot as for Manchester.

Another

An excellent Syllabub.

Fill your Syllabub-pot with Sider (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.

To sauce a Pig.

Take a fair large Pig and cut off his head, then slit him through the midst, then take forth his bones, then lay him in warm water one night, then Collar him up like Brawn, then boil him tender in fair water, and when he is boiled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boiling, for that will make it black, then take a quart of the same broth, and a quart of White-wine, boil them together to make some drink for it, put into
it

it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary dish in any Gentlemans house; when you serve in, serve it with green Fennel, as you do Sturgion with Vinegar in Sauces.

To make a Virginia Trout.

TAKE pickled Herrings, cut off their heads, and lay the bodies two dayes and nights in water, then wash them well, then season them with Mace, Cinnamon, Cloves, Pepper, and a little Red Saunders, then lay them close in a pot with a little Onion strewed small upon them, and cast betwen every Layer; when you have thus done, put in a pint of Claret-wine to them, and cover them with a double paper tied on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

To make a fat Lamb of a Pig.

TAKE a fat Pig and scald him, and cut off his head, slit him and trusse him up like a lamb, then being slit through the middle

middle, and flawed, then parboile him a little, then draw him with Parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

To make Rice Pancakes.

TAke a pound of Rice, and boil it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new Milk, put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much flour to them as will make them hold frying, they must be fried with Butter, they must be made over-night best.

Mrs. Dukes Cake.

TAke a quarter of a peck of the finest flour, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the flour a little Ale-yeast, a quarter of a pine of Rose-water, with some Musk, and

and Ambergreece dissolved in it, season all with a penniworth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and an half, Raisins of the Sun stoned, and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rose-water to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close, but stir the Cake now and then that it may bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rose-water and Sugar finely beaten, and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out, it will shew like Ice.

*To make fine Pancakes fried without.
Butter or Lard.*

TAKE a pint of cream, six new laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace,

Mace, which you please, as much flour as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Butter thick or thin as you please, to fry them.

To pot Venison.

TAKE an haunch of Venison not hunted, and bone it, then take three ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-vinegar, then wet your Venison with Wine-vinegar, and season it, then with a Knife make holes on the lean sides of the haunch, and stuff it as you would stuff beef with Parsley, then put it into the pot with the fat side downward, then clarify three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent presse it down to the bottom of the Pot, and let it stand till it be cold, then take the Gravy of the top of the pot and melt it, and boil it half away and more, then put it in again with the Butter on the top of the Pot.

To

To make a Marchpane, to Ice him, &c.

TAKE two pound of Almonds blanch-
ed, and beaten in a stone Mortar till
they begin to come to a fine paste, and
take a pound of sifted Sugar, and put in
the Mortar with the Almonds, and so
leave it till it come to a perfect paste, put-
ting in now and then a spoonful of
Rose-water to keep them from Oyling;
when you have beaten them to a perfect
paste, cover the Marchpane in a sheet, as
big as a Charger, and set an edge about it
as you do about a Tart, and a bottom of
Wafers under him; thus bake it in an O-
ven or baking-pan, when you see your
Marchpane is hard and dry, take it out
and Ice him with Rose-water and Sugar,
being made as thick as Butter for Frit-
ters; so spread it on him with a Wing-
feather, so put it into the Oven again, and
when you see it rise high, then take it out
and garnish it with some pretty conceits,
made part of the same stuff, stick long
Comfits upright in him, so serve it.

To make Jelly the best manner.

TAKE a Leg of Veal, and pare away the fat as clean as you can, wash it thoroughly, let it lie soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boiling water, then slit them in two and put them to your Veal, let them boil over the fire in a brass pot with two Gallons of water or more according to the proportion of your Veal, scum it very clean and often; so let it boil till it comes to three pintes or a little more, then strain it through a clean strainer into a Basen, and so let it stand till it be through cold and well Jellyed, then cut it in pieces with a Knife, and pare the top and the bottom of them, put it into a Skellet, take two ounces of Cinamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonful of Wine-vinegar, or Rose-vinegar, one pound and three quarters of Sugar, a pint of Renish-wine, or White-wine, and the whites of fifteen

Eggs

Eggs
Jelly
feeth
it as
ly-ba
Rose
ther
of I
han
and
pro
bag
put
fec
cle
Ga
an
wh
yo
a
of

Eggs well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walms, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottom of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottom of the bag, hang it up before the fire over a Bason; and pour the Jelly-bag into the Bason, provided in any case you stirre not the bag, then take Jelly in the Bason and put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on Bay-salt, and when it is cold and stiff you may use it at your pleasure, if you will have the Jelly of a red colour, use it as before, only instead of Renish-wine use Claret.

To make poor Knights.

Cut two penny loaves in round slices, dip them in half a pint of cream, or fair water, then lay them abroad in a dish, and beat three Eggs and grated nutmegs, & sugar, beat them with the cream, then

then melt some butter in a Frying-pan, and wet the sides of the Toasts and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rose-water, Sugar and Butter.

To make Shrewsbury Cakes.

TAKE two pound of flour dried in the oven, and weighed after it is dried, then put to it one pound of Butter that must be laid an hour or two in Rose-water, so done, pour the water from the Butter, and put the Butter to the flour with the yolks and whites of five Eggs, two Races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your spice, and it will be the better, knead all these together till you may roll the paste, then roll it forth with the top of a Boul, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the plates will dry them very much, after they come forth of the Oven you may cut them without the Boulds, of what bigness of what fashion you please.

To

To make beef like red Deer to be eaten cold.

TAKE a Buttock of Beef, cut it the long wayes with the grain, beat it well with a Rouling-pin, then broil it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar, pepper, salt, Cloves, mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with butter, after a fortnight it will be eaten.

To make Puffs.

TAKE a pint of Cheese Curds and drain them dry, bruise them small with the hand, put in two handfuls of flour, a little sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh Butter, serve them up with fresh Butter and Sugar.

To make an hash of Chickens.

TAKE six chickens, quarter them, cover them almost with water, & season them with pepper and salt, & a good handful of minced Parsley, and a little White-wine, when they are boiled enough put six Eggs
only

only the yolks, put to thē a little Nutmeg and Vinegar, give them a little walm or two with the chickens, pour them altogether into a dish & serve them in, when you put on the eggs, & a good piece of butter.

To make an Almond Candle.

TAKE three pints of Ale, boil it with Cloves, Mace, and sliced bread in it, then have ready beaten a pound of blanched almonds stamped in a mortar with a little white-wine, then strain them out with a pint of white-wine, thicken your ale with it, sweeten it as you please, & be sure you skin the ale well when it boils.

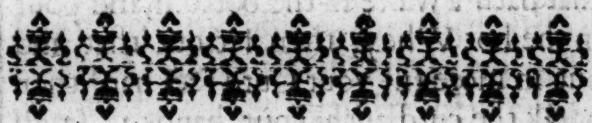
To make scalding Cheese towards the later end of May.

TAKE your evening milk and put it into boulds or earthen pans, then in the morning fleet off the cream in a bould by it self, put the fleet milk into a tub with the morning milk, then put in the nights Cream, and stir it together, and heat the milk, and put in the Renner; as for ordinary new milk Cheese, it is to be made thick; when the cheese is come, gather the Curd into a Cheese-cloth, and set the Whey on the fire till it be seething hot,

put the cheese in a cloth into a Killar that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the curd with your hands as small as you can, and put an handful of Salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheese is salted every day, and turn it as long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in hay a while, or lay them close one to another; I seldom lay any in hay, I turn and rub them with a rotten cloth, especially when they are old, once a week, lest they rot.

To pickle Purslaine.

TAKE Purslaine stalks and all, boil them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley-pots, and cover them with Wine vinegar mixed with Salt, and not make the pickle so strong as for Cucumbers.



THE
TABLE
TO THE
Compleat Cook.

T O make a Possie the Earl of Arundels way	3
To boil a Capon larded with Limons	4
To bake Red Deer	ibid.
To make fine Pancakes fried without butter or lard	5, 113
To dresse a Pig the French manner	ibid.
To make a Steak pie with a French Pudding in the pie	6
An excellent way for dressing fish	7
To fricase sheeps feet	ibid.
To fricase calves cha'drons	8
To fricase champignons	9
To make buttered loaves	ibid.
To	

The Table.

*To murine Carps, Mollet, Gornet, Rochet or
Wale* 10

To make a calves chaldron-pie ibid.

To make a Pudding of a calves chaldron
11

To make a Banbury cake 12

To make a Devonshire white-pot ibid.

To make Rice-cream 13

To make a very good Oxfordshire cake
ibid.

To make a Pumpkin pie 14

To make the best sausages 15, 29

To boil fresh fish 16

To make Fritters ibid.

To make loaves of cheese curd ibid.

To make fine pies after the French fashion
17

A singular good Receipt for making a cake
ibid.

To make a great curd loaf 18

To make buttered loaves of cheese-curd
19

To make cheese loaves ibid.

To make puffle 20

To make Elder-vinegar 21

To make good Vinegar ibid.

To make a collar of Beef 22

To make an Almond pudding 23

The Table.

To boil Cream with French Barley	24
To make Cheese-cakes	25, 81
To make a quaking pudding	25
To pickle Cucumbers	26
To pick'e Broom-buds	ibid.
To keep Quinces raw all the year	27
To make a Goosberry fool	ibid.
To make an Oatmeal pudding	28
To make a green pudding	ibid.
To make good sausages	29
To make toasts	ibid.
A Spanish Cream	30
To make clouted Cream	ibid.
A good Cream	31
To make Piramid's cream	32
To make a Sack Cream	33
To boil Pigeons	ibid.
To make an apple-tansey	34
A french Barley Cream	ibid.
To make a Chicken or Pigeon pie	35
To boil a Capon or Hen	36
To make balls of Veal	37
To make Mrs. Shelley's cake	38
To make Almond Jambals	39
To make Cracknels	40
To pick'e Oysters	ibid.
To boil Cream with Codlings	41
To make the Lady Abergaveers cheese	42
To dress Snails	43
	T.

The Table.

<i>To boil a Rump of Beef after the French fashion</i>	44
<i>An excellent way of dressing fish</i>	45
<i>To make Fritters of Sheeps feet.</i>	46
<i>To make dry Salmon Calvert in the boiling</i>	47
<i>To make Bisket-bread</i>	ibid.
<i>To make an Almond pudding</i>	48
<i>To make an Almond Candle</i>	ibid. 120
<i>To make Almond-bread</i>	49
<i>To make Almond-cakes.</i>	ibid.
<i>Master Rudstones posset</i>	50
<i>To boil a Capon with Ravigoles</i>	51
<i>To make a Bisque of Carps</i>	53
<i>To boil a Pike and an Eele together</i>	55
<i>To make an ontlandish dish</i>	ibid.
<i>To make a Portugal dish</i>	56
<i>To dresse a dish of Hartichoaks</i>	57
<i>To dresse a Fillet of Veal the Italian way</i>	ibid.
<i>To dresse Soales</i>	59 68
<i>To make Furmity</i>	ibid.
<i>To make a Patis or Cabbage Cream</i>	60
<i>To make pap</i>	61
<i>To make Spanish pap</i>	ibid.
<i>To poach Eggs</i>	62
<i>A portage of Beef pallats</i>	63
<i>The Jacobins portage</i>	64
<i>F 3</i>	<i>To</i>

The Table.

To salt a Goose	65
A way of steaming Chickens or Rabbits	ibid.
A pottage of capon	66
A Carp-pie	68
To boil ducks after the French fashion	69
To boil a goose with sausages	ibid.
To fry chickens	70
To make a Battalia pie	71
To make a chicken pie	ibid.
To make a pie of a calves head	72
To make cream with snow	73
To make minced pies	74
To dry Neats tongues	ibid.
To make a Jelly of harts horn	75
To make chickens fat in four or five dayes	ibid.
To make Angelot	76
A Persian dish	ibid.
To roast a shoulder of Mutton.	77
To roast a leg of Mutton to be eaten cold	ibid.
To roast Oysters	78
To make a Sack Posset	79
Another	80
To make a sack posset without milk or cream	ibid.
To make a stump pie	81
To make Mrs. Leeds Cheese-cakes	ibid.
To	To

The Table.

To make taffaty-tarts	82
To make fresh-cheese	83
To make sugar cakes or Jumbals.	ibid.
To bash a shoulder of Mutton	84
To dress Flounders or Place with Garlick and Mustard	85
A turkish dish	86
To dresse a Pike	ibid. 101
To dresse Oysters	87
To dresse Flounders	88
To dresse snails	89
To dress pickle fish	ibid.
To fricase Beef pallats	90
A Spanish Olio	91
To make Motheglin	93
To make a sallet of Smelts	94
To roast a Fillet of Beef	95
To make a sallet of a cold Hen or capon	96
To stew Mushromes	ibid.
The Lord Conway his R ceipt for the ma- king of Amber puddings	97
To make a Partridge tart	98
To keep Venison all the year	99
To make Brawn	100
To roast a Pike	101
To sauce Eeles	102
To make sausages without skins	103
To dress a Pike	ibid.

The Table.

To dresse Eeles	104
To boil a pudding after the French fashion	105
To make a fricase	106
To make a dish called Olives	ibid.
To make an Olive-pie	107
The Countess of Rutlands Receipt of making a rare Banbury Cake	108
An excellent Syllabub	110
To sauce a pig	ibid.
To make a Virginia trout	111
To make a fat Lamb of a Pig	ibid.
To make Rice Pancakes	112
Mrs. Dukes Cakes	ibid.
To make fine pancakes	113
To pot Venison	114
To make a Marchpans: to Ice him	115
To make Jelly the best manner	116
To make poor Knights	117
To make Shrewsbury Cakes	118
To make Beef like red Deer to be eaten cold	119
To make puff	ibid.
To make an hash of Ch'ckens	ibid.
To make an Almond Caudle	120
To make scalding Cheese towards the latter end of May	ibid.
To pickle Purslaine	121
	Cour-

783

Cour-

are

be

Co

Excell

mon

T

2.

3.

Rome

Lair

281

4.

ing a

5.

or t

Mr.

Ruth

6.

Disp

all r

trov

7

plic



Courteous READER these Books following
are Printed for Nath. Brook; and are to
be sold at his Shop at the Angel in
Cornhil.

Excellent Tracts in Divinity, Controversies, Ser-
mons, Devotions.

THE Catholick History collected and
gathered out of Scripture, Councils,
and ancient Fathers: in answer to Dr.
Vanes Lost Sheep returned home; by
Edward Chasensale Esq; Octavo.

2. Bishop *Morton* on the Sacrament, in Folio.

3. The grand Sacrilege of the Church of
Rome, in taking away the sacred Cup from the
Lairy at the Lords Table: by Dr. *Featly* D.D.
Quarto.

4. The Quakers Cause at second hearing, be-
ing a full answer to their Tenets.

5. Re-assertion of Grace: *Vindicia Evangelii*,
or the Vindication of the Gospel: a reply to
Mr. *Anthony Burgess* *Vindicia Legis*, and to Mr.
Rutherford: by *Robert Town*.

6. Anabaptists anatomiz'd and silenced; or a
Dispute with Mrs *Tombs*, by Mr. *J. Craig*: where
all may receive clear satisfaction in that Con-
troversie, the best extant, Octavo.

7. A Glimpse of Divine Light, being an ex-
plication of some passages exhibited to the

Books sold by Nathaniel Brook,

Commissioners of *whitehall*, for approbation of
publick Preachers, against *Jobn Harrison* of *Land*
Chap. Lancash.

8. The Zealous Magistrate : a Sermon by Mr.
Threscents Quarto.

9. New Jerusalem, in a Sermon for the Socie-
ty of Astrologers, *Quarto*, in the year 1651.

10. Divinity no enemy to Astrology ; a Ser-
mon for the Society of Astrologers, in the year
1653. by Dr. *Thomas Swadling.*

11. *Britannia Rediviva*, a Sermon before the
Judges, *Aug. 1648* by *J. Shaw* Minister of *Hull.*

12. The Princess Royal, in a Sermon before
the Judges, *March 24.* by *J Shaw.*

13. Judgment set, and Books opened, Reli-
gion tryed whether it be of God or man, in sev-
eral Sermons by *J. Webster. Quarto.*

14. Israels Redemption, or the propheticall
History of our Saviours Kingdom on Earth, by
K Matton.

15. The Cause and Cure of Ignorance, errour
and prophaness ; or a more hopeful way to
Grace and Salvation, by *R. Young. Octavo.*

16. A Bridle for the Times, tending to still
the murmuring, to settle the wavering, to stay
the wandering, and to strengthen the fainting,
by *J. Brinsley* of *Yarmouth.*

17. Comforts against the fear of death, where-
in are discovered several evidences of the work
of Grace, by *J. Collins* of *Norwich.*

18. *Jacobs seed*, or the excellency of seeking
God by prayer : by *Jer. Burroughs.*

19. The summe of practical Divinity, or the
grounds of Religion in a Catechistical way, by
Mr. *Christopher Love* late Minister of the Gospel:
a useful piece.

the Angel in Cornhil.

20. Heaven and Earth shaken, a Treatise shewing how Kings and Princes, their Governments are turned and changed, by *J. Davis* Minister in *Dover*; admirably useful, and seriously to be considered in these times.

21. The Treasure of the Soul, wherein we are taught, by dying to sin, to attain to the perfect love of God.

22. A Treatise of Contentation fit for these sad and troublesome times, by *J. Hall* Bishop of *Norwich*.

23. Select Thoughts, or choice helps for a pious spirit, beholding the excellency of her Lord Jesus: by *J. Hall* Bishop of *Norwich*.

24. The holy Order or Fraternity of Mourners in Zion; to which is added, Songs in the Night, or cheerfulness under afflictions: by *J. Hall* Bishop of *Norwich*.

25. The Celestial Lamp, enlightning every distressed soul from the depth of everlasting darkness: by *T. Fetiplace*.

Admirable and learned Treatises of occult Sciences in Philosophy, Magick, Astrology, Geomancy, Chymistry, Physiognomy and Chyromancy.

26. Magick and Astrology vindicated, by *H. Warren*.

27. *Lux Veritatis*, Judicial Astrology vindicated, and Demonology confuted, by *W. Ramsay* Gent.

28. An Introduction into the Teutonick Philosophy, being a determination of the Original of the soul: by *C. Hatham* Fellow of *Peter-house* in *Cambridge*.

29. *Cornelius Agrippa*, his fourth book of Occult Philosophy, or Geomancy, Magical Elements of *Peter de Abona*, the nature of spirits: made English by *R. Turner*.

30. Para-

Books sold by Nathaniel Brook,

30. *Paracelsus Occult Philosophy*, of the mysteries of Nature, and his secret Alchemy.

31. An astrological Discourse with mathematical Demonstrations, proving the influence of the Planets and fixed stars upon Elementary Bodies: by Sir Chr. Heydon Knight.

32. *Merlinus Anglicus junior*, the English Merlin revived: or a Prediction upon the affairs of Christendom, for the year 1644. by W. Lilly.

33. *Englands propheticall Merlin*, foretelling to all Nations of Europe till 1663. the actions depending upon the influences of the Conjunction of *Sun* and *Jupiter* 1642. by W. Lilly.

34. The Starry messenger: or an Interpretation of that strange apparition of three Suns seen in London the 19. of November 1644. being the birth day of King Charles: by W. Lilly.

35. The Worlds Catastrophe: or *Europes* many mutations untill 1666 by W. Lilly.

36. An astrological prediction of the Occurrences in England part of the years 1648, 1649, 1650. by W. Lilly.

37. Monarchy or no Monarchy in England; the Prophecie of the white King, *Gubner* his Prophecie concerning Charles, Son of Charles, his greatness; illustrated with several Hieroglyphicks: by W. Lilly.

38. *Annus Tenebrosus*, or the Dark Year, or Astrological judgments upon two Lunary Eclipses, and one admirable Eclipse of the Sun in England 1651. by W. Lilly.

39. An easie and familiar method, whereby to judge the effects depending on Eclipses, by W. Lilly.

40. Supernatural Sights and Apparitions seen in London June 30. 1644. by W. Lilly, as also all his Works in a Volume

41. *Catastrophe Maximam*, an Ephemerides for the year 1652. by N Culpeper.

42. *Tetratologia*, or a discovery of Gods Wonders, manifested by bloud, y rays & waters, by J. S.

43. *Chirromancy*, or the Art of Divining by the lines engraven in the hand o' man, by dame Nature, in 19. Genitures; with a learned discourse of the soul of the World: by G. Whiston Esq;

44. The admired piece of Physiognomy and Chyromancy, Metoposcopy, the Symmetrical proportions and signal moles of the Body, the Interpretation of Dreams: to which is added the Art o' memory, illustrated by figures: by R. Sand. vs, in Folio.

45. The no less admirab'e than exquisite work, *Theatrum Chemicum Britannicum*, containing several Poetical pieces of our famous English Philosophers, who have written the Hermetic mysteries in their own ancient language; faithfully collected into one Volume, with Annotations thereon: by the indefatigable industry of Elias Astmo's Esq; illustrated with Figures.

Excellent Treatises in the Mathematicks, Geometry, of Arithmetick, Surveying, and other Arts or Mechanicks.

46. The incomparable Treatise of *Tactometria* (ou *Tetragmenometria*, or the Geometry of Regulars, practically proposed, after a new and most expeditious manner, (together with the Natural or Vulgar, by way of mensural comparison) and in the Solids, not only in respect of Magnitude or Dimension, but also of Gravity or Ponderosity, according to any metal assigned; together with useful experiments of measures & weights, obser-

Books sold by Nathaniel Brook,

observations on Gauging, useful for those are practised in the Art metrical, by *T. Wibard.*

47. *Testimonicon*, shewing the exact measuring of all manner of Land, Squares, Timber, Stone, Steeples, Pillars, Globes; as also the making and use of the Carpenters Rule, &c. fit to be known by all Surveyors, Land-meters, Joyners, Carpenters and Masons, by *L. Digges.*

48. The unparallel'd work for ease and expedition, intituled, *The exact Surveyor*, for the whole Art of Surveying of Land, shewing how to plot all manner of Grounds, whether small Inclosures, Champain, Plain, Wood-lands or mountains, by the plain table; as also how to find the Area or content of any Land, to protect, reduce or divide the same, as also to take the plot or cart, to make a map of any manner, whether according to *Raiburne* or any other eminent Surveyors method; a book excellently useful for those that sell, purchase, or are otherwise imployed about buildings, by *J. Eyre.*

49. *Moor's Arithmetick*, discovering the secrets of that art, in Number and Species; in two Books, the first teaching by precept and example, the Operations in Numbers whole and broken, the Rules of practice, interest, and performed in a more facil manner by Decimals than hitherto hath been published; the excellency and new practice and use of *Logarithmes*, *Nepairs Bones*. The second, the great Rule of *Algebra* in species, resolving all arithmetical Questions by supposition, newly published.

50. The golden Treatise of arithmetick, Natural and artificial, or Decimals, the Theory and Practice united in a sympathetical proportion betwixt Lines and Numbers, in their Quantities

ties

at the Angel in Cornhill.

ties and Qualities: as in respect of form, figure, magnitude and affection, demonstrated by Geometry, illustrated by Calculations, and confirmed with variety of Examples in every species: made compendious and easie for Merchants, Citizens, Seamen, Accomprants, &c. by *Thomas Wilsford*, Corrector of the last Edition of Record.

51. Semigraphy, or the art of Short-writing, as it hath been proved by many hundreds in the city of *London*, and other places, by them practised and acknowledged to be the easiest, exactest and swiftest method; the meanest capacity by the help of this book with a few hours practice may attain to a perfection in this art: by *J. Rich* Author and Teacher thereof, dwelling in *Swithings lane* in *London*.

52. Milk for Children, a plain and easie method teaching to read and write, usefull for Schooles and Families: by *J. Thomas*, D.D.

53. The Painting of the Ancients, the History of the beginning, progresse, and consummating of the practices of that noble art of painting: by *F. Junius*.

Excellent and approved Treatises in Physick, Chyrurgery, and other more familiar Experiments in Cookery, Preserving, &c.

54. *Culpeper's Semantica Urania*, his Astrological Judgement of Diseases from the decumbiture of the sick, much enlarged; the way and manner of finding out the cause, change and end of the Disease; also whether the sick be likely to live or die, and the time when recovery or death is to be expected, according to the judgement of *Hippocrates* and *Her. Trismegistus*, to which is added *Mr. Culpeper's censure of Lines.*

Books sold by Nathaniel Brook,

55. *Culpepers* last Legacy left to his Wife for the publick good, being the choicest and most profitable of those secrets in Physick and Chirurgery, which whilst he lived were lockt up in his breast, and resolved never to be published till after his death.

56. *The York shire Spaw*, or the vertue and use of that water in curing of desperate Diseases, with directions and rules necessary to be considered by all that repair thither.

57. The art of Simpling, an Introduction to the knowledge of gathering of Plants, wherein the definitions, divisions, palaces, descriptions, differences, names, virtues, times of gathering, uses, temperatures of them are compendiously discoursed of: also a discovery of the lesser world, by *W. Coles*

58. *Adam in Eden*, or *Natures Paradise*: the History of Plants, Herbs and Flowers, with their severall Original names, the places where they grow, their descriptions and kinds, their times of flourishing and decreasing; as also their severall signatures, anatomical appropriations, and particular physical vertues; with necessary Observations on the seasons of planting and gathering our English plants. A work admirably useful for Apothecaries, Chyrurgeons, and other ingenious persons, who may in this Herbal find comprised all the English physical simples, that *Gerard* or *Parkinson* in their two Voluminous Herbals have discoursed of, even so as to be on emergent occasions their own physicians, the ingredients being to be had in their own fields and gardens, published for the general good, by *W. Coles M.D.*

59. The complete midwives practice, in the high

high and weighty concernments of the body of mankind: or perfect Rules derived from the experiences and writings, not only of our English, but the most accomplisht and absolute practises of the French, Spanish, Italians, and other Nations; so fitted for the weakest capacities, that they may in a short time attain to the knowledge of the whole art; by D.T.C. with the advice of others, illustrated with Copper figures.

61. A Queens Closet opened: Incomparable secrets in physick, chirurgery, preserving, candying and cookery; as they were presented by the most experienced persons of our times.

Elegant Treatises in Humanity, History, Romances, and Poetry.

62. Times Treasury or Academy, for the accomplishment of the English Gentry in arguments of discourse, habit, fashion, behaviour, &c. all summed up in Characters of Honour: by R. Bra'hwait Esq;

63. Oedippus, or the Resolver of the secrets of love, and other natural Problems, by way of Question and Answer.

64. The admirable and most impartial History of New England, of the first plantation there, in the year 1628. brought down to these times; all the material passage performed there, exactly related.

65. The Tears of the Indians, the History of the bloody and most cruel proceedings of the Spaniards in the Islands of *Hispaniola, Cuba, Jamaica, Mexico, Peru*, and other places of the West Indies; in which to the life are discovered the tyrannies of the Spaniards, as also the justnesse of our War so succesfully managed against them.

66. The

Books sold by Nathaniel Brook,

66. The Illustrious Shepherdesse. The Imperial Brother: written originally in Spanish by that incomparable wit Don John Perez de Montalban; translated at the requests of the Marchioness of Dorchester, and the Countess of Strafford: by E.P.

67. The History of the Golden Age, as also the Loves of Cupid and his Mistress Psyche: by L. Apuleius translated into English.

68. The unfortunate mother, a Tragedy by T.N.

69. The Rebellion, a Comedy by T. Rawlins.

70. The Tragedy of Messalina in the insatiate Roman Empress, by N. Richards.

71. The floating Island, a Trage-Comedy acted before the King by the Students of Christ Church in Oxon: by that renowned wit W. Strade, the Songs were set by Mr. Henry Lawes.

72. Harvey's Divine Poems; the History of Balaam, of Jonah, and of St. John the Evangelist.

73. Fons Lachrymarum, or a Fountain of Tears; the Lamentations of the Prophet Jeremiah in verse, with an Elegy on Sir C. Lucas; by I. Quirles.

74. Nocturnal Lucubrations, with other witty Epigrams and Epitaphs: by R. Chamberlain.

75. The admirable ingenious Satyre against Hypocrites.

Poetical, with several other accurately ingenious

Treatises lately Printed.

76. Wits Interpreter, the English Parnassus, or a sure Guide to those admirable accomplishments that compleat the English Gentry, in the most acceptable qualifications of discourse or writing. An art of Logick, accurate Complements, Fancies and Experiments, Poems, poetical Fictions, and All-amode Letters by J.C.

77. Wit

77. Poems

78.

Spring

79.

plear

act dr

in use

divers

great

where

Rich.3

80.

of the

their

light

glisht

82.

hand

83.

Natu

of in

dies

stick

a de

of G

84.

85.

stice

Spec

ings

86.

art c

man

refin

mak

77. Wit and Drollery, with other Jovial Poems: by Sir *J. M. M. S. W. D.*

78. Sportive wit, the muses merriment, a new Spring of Drollery, Jovial Fancies, &c.

79. The Conveyancer of Light, or the compleat Clerk and Scriveners Guide, being an exact draught of all Presidents and assurances now in use; as they were penned and perfected by divers learned Judges, eminent Lawyers, and great Conveyancers, both ancient and modern: whereunto is added a Concordance from *K. Rich. 3.* to this present.

80. *Themis Aurea*, the Laws of the Fraternity of the Rosie Cross, in which the Occult secrets of their Philosophical Notions are brought to light: written by *Count Mayerus*, and now Englished by *T. H.*

82. The Iron Rod put into the Lord Portectors hand, a propheticall Treatise.

83. *Medicina Magica tamen Physica*, magical but Natural physick, containing the general cures of infirmities and diseases belonging to the bodies of men, as also to other animals and domestick creatures by way of Transplantation; with a description of the most excellent Cordial out of Gold, by *Sam. Bou'ton* of Salop.

84. *J. Tradescants* rarities, published by himself.

85. The proceedings of the high Court of Justice against the late King *Charles*, with his Speech upon the Scaffold, and other proceedings, *Jan. 30. 1648.*

86. The perfect Cook, a right method in the art of Cookery, whether for Pastery or all other manner of *All-a-mode* Kickshaws, with the most refined wayes of dressing of Flesh, Fowl or Fish; making of the most poynant Sauces, whether
after

Books sold by Nathaniel Brook,

after the French or English manner, together with fifty five ways of dressing of Eggs: by *M. M. Admirable useful Treatises newly printed.*

87. The expert Doctors Dispensatory, the whole art of physick restored to practice, the Apothecaries shop and Chirurgions Closet opened; with a survey, as also a correction of most dispensatories now extant, with a judicious censure of their defects, and a supply of what they are deficient in; together with a learned account of the virtues and quantities, and uses of simples and compounds, with the symptoms of diseases, as also prescriptions for their several cures: by that renowned *P. Morellus*, physician to the K. of France: a work for the order, usefulness and plainness of the method, not to be parallel'd by any Dispensatory in what language soever.

88. Cabinet of Jewels, mans misery, Gods mercy, Christs Treasury, &c. in eight Sermons, with an Appendix of the nature of Tithes under the Gospel, with an expediency of marriage in publique assemblies: by *J. Crag* Minister of the Gospel.

89. Natures Secrets, or the admirable and wonderful History of the generation of metcors, describing the temperatures of the Elements, the heights, magnitudes and influences of Stars, the causes of Comets, Earthquakes, Deluges, Epitemical Diseases and Prodigies of precedent times; with presages of the Weather, and descriptions of the Weather glass: by *T. Wilsford*.

90. The Mysteries of Love and Eloquence, or the arts of Wooing and Complementing, as they are managed in the *Spring Garden, Hyde-Parke, the New Exchange*, and other eminent places. A work in which are drawn to the life
the

at the Angel in Cornhil.

the deportments of the most accomplisht persons, the mode of their Courtly entertainments, treatment of their Ladies at Balls, their accustomed Sports, Drolls and Fancies; the witchcrafts of their perswasive language in their approaches, or other more secret dispatches, &c. by *E.P.*

91. *Helmont* disguised, or the vulgar errors of imperical and unskillful practicers of physick confuted; more especially as they concern the cures of Feavers, the Stone, the Plague, and some other Diseases by way of Dialogue; in which the chief Rarities of physick are admirably discoursed of, by *I.T.*

92. The Scales of Commerce and Trade, by *T. Wilsford.*

93. Geometry demonstrated by lines and numbers; from thence Astronomy, Cosmography and Navigation proved and delineated by the doctrine of Plane and Spherical Triangles; by *T. Wilsford.*

94. The English annals from the Invasion made by *Jul. Caesar* to these times: by *T. Wilsford.*

95. The Fool transformed, a Comedy.

96. The History of *Lewis* the eleventh King of *France*, a Trage-Comedy.

97. The chaste woman against her will, a Comedy.

98. The Tooth-drawer, a Comedy.

99. Honour in the end, a Comedy.

100. The Tell-tale, a Comedy.

101. The History of *Donquixot*, or the Knight of the ill-favour'd face, a Comedy.

102. The fair Spanish captiv, a Trage-comedy.

103. *Sir Kenelm Digby*, and other persons of honour, their rare and incomparable secrets of physick, Chirurgery, Cookery, Preserving, Con-
serving,

Books sold by Nathaniel Brook,

serving, Candying, Distilling of waters, Extraction of Oils, compounding of the costliest perfumes, with other admirable inventions and select experiments, as they offered themselves to their Observations, whether here or in foreign Countries.

104. The so much desired and deeply learned Commentary on *Psalms* 15. by that reverent and eminent Divine Mr. *Christopher Carthwright* minister of the Gospel in *York*.

105. *Jacobs seed*, the excellency of seeking God by prayer, by the late Reverend Divine *J. Burroughs*.

106. The Saints Tomb-stone, or the remains of the blessed : a plain Narrative of some remarkable passages in the holy life and happy death of *Mrs. Dorothy Shaw*, wife of Mr. *John Shaw*, preacher of the Gospel at *Kingston upon Hull*, collected by her dearest friends, especially for her sorrowful Husband and six Daughters consolation and invitation.

107. The accomplisht Cook, the mystery of the whole art of Cookery, revealed in a more easie and perfect method then hath been published in any language : Expert and ready wayes for the dressing of flesh, fowl and fish, the raising of pastes, the best directions for all manner of Kickshaws, and the most poynant Sauces, with the terms of Carving and Sewing, the Bills of Fare, an exact account of all dishes for the season, with other *All a mode* curiosities, together with the lively illustrations of such necessary figures as are referred to practice : approved by the many years experience and careful industry of *Robert May*, in the time of his attendance on several persons of Honour.

108. The

108. The exquisite Letters of Mr. Robert Love-
day, the late admired Translator of the Vo-
lumes of the famed Romance *Cleopatra*, for the
perpetuating of his memory, publisht by his dear
Brother Mr. A. L.

109. The new World of English Words, or a
general Dictionary, containing the Terms, Dig-
nities, Definitions, and perfect Interpretations
of the proper significations of hard English
words throughout the Arts and Sciences, Liberal
or mechanick, as also all other subjects that are
useful or appertain to the language of our Na-
tion: by J. T. and others, in Folio.

110. The Character of Italy, or the Italian a-
natomiz'd by an English Chyrurgion.

111. The Character of Spain, or an Epitome
of their Vertues and Vices.

112. Gospel-Revelation in three Treatises,
viz. 1. The Nature of God. 2. The Excellencies
of Christ, and 3. The Excellency of mans Im-
mortal soul: by J. Burroughs, late Preacher of
the Gospel at Stepney, and Giles Crip'e-gate Lond.

113. The Saints happiness: Together with
the severall steps leaping thereunto, delivered in
divers Lectures on the Beatitudes; being part
of Christs Sermon in the Mount, contained in
the fifth of *Matthew*: by J. Burroughs, late Prea-
cher of the Gospel at Stepney and Cripple-gate
London: Being the last Sermon that ever he
preached.

114. *Featley Martyrsecula*: or Doctor
Daniel Featley revived; proving that the Prote-
stant Church (and not the Romish) is the on ly
Catholick and true Church: In a manual pre-
served from the hands of the Plunderers; with
a succinct History of his life and death: pub-
lished

Books sold by Nathaniel Broxt, &c.

lished by *John Featley*, Chaplain to the Kings most excellent Majesty.

115. *The Sinners Remembrancer*, or a serious warning to the wicked to prevent his Destruction and hasten his Reformation: to which is added Christs gracious intention for peace and mercy towards sinners; by *R. Parr* Rector of *Bermondsey* in *Southwark*.

116. *Divine Meditations* upon the Grand and Lesser Festivals commanded to be observed in the Church of *England* by Act of Parliament: whereunto is subjoynd A meditation upon the murther of *K. Charles I.* on 10. *Jan. 1648.* and a commemoration of the late *Will. Lord Arch-Bishop of Cant.* by *Edmund G. Jon.* of *Oxon.*

117. *Dictionarium Minus*, a compendious Dictionary, English Latin and Latin English, wherein the Classical words of both languages are rendred by; *Christopher Wase* M. A. master of the free school in *Tunbridge* in *Quarto.*

118. *Parsons Law*, or a View of Advowsons, wherein is contained the Rights of the Patrons Ordinaries and Incumbents to advowsons of Churches, collected out of the whole Body of Common Law by *Will. Hughs* Esq;

119. *The Reformed Presbyterian* humbly offering to the consideration of all pious and peaceable spirits several arguments for Obedience to the Act of Uniformity: by *R. L.*

120. *Observations* Censures and Corfutations of notorious errors in *Mr. Hobbs* Leviathan and other his Books, to which are annexed occasional animadversions on some writings of the *Socinians* and such hereticks of the same opinions with him; by *W. Lucy* Bishop of *St. Davids.* A Tract worth the perusal of all learned men.

F I N I S



gs

ri-

e-

ch

ce

or

id

d

t:

ne

a

h-

i-

h,

es

of

to

s,

ns

of

ot

h

-

d

i-

n,

n

c-

e

i-

s,

n.

zany #2307
4/59

Cap

On/ BQ

leaves in

[54] 10

7a
B.